Go Kyu
Form der 40 Grundtechniken nach Kano

(Zu beachtren ist, dass das heutige Prüfungsprogramm der einzelnen Gürtelstufen sich davon unterscheidet)

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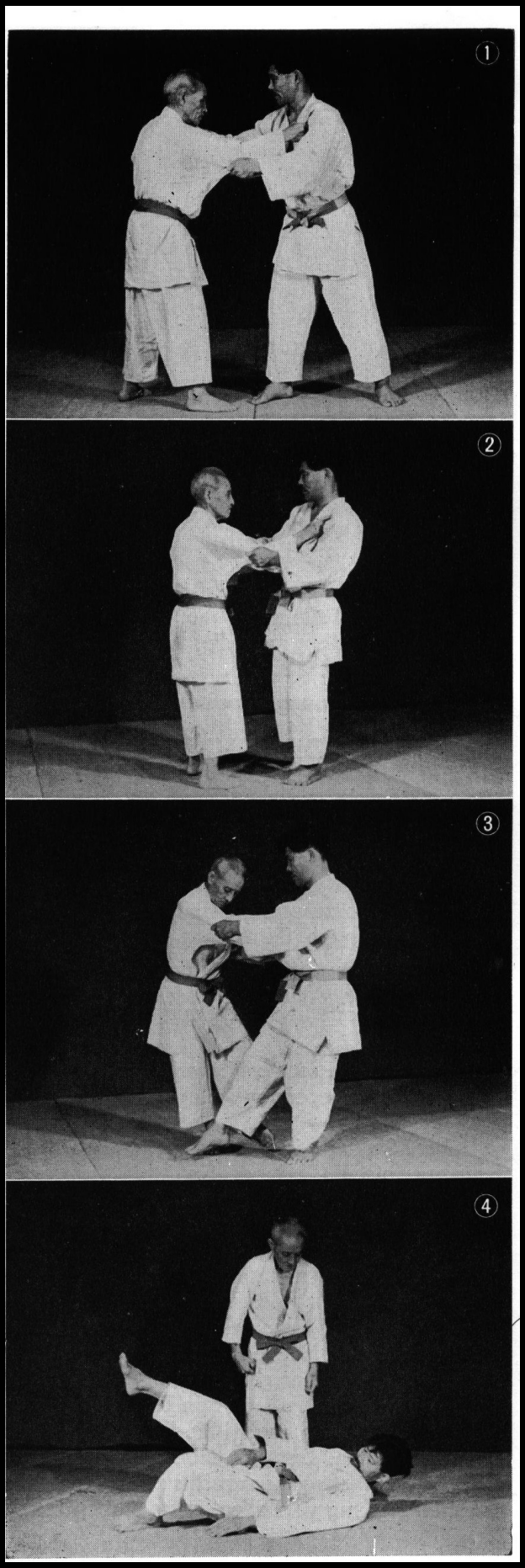
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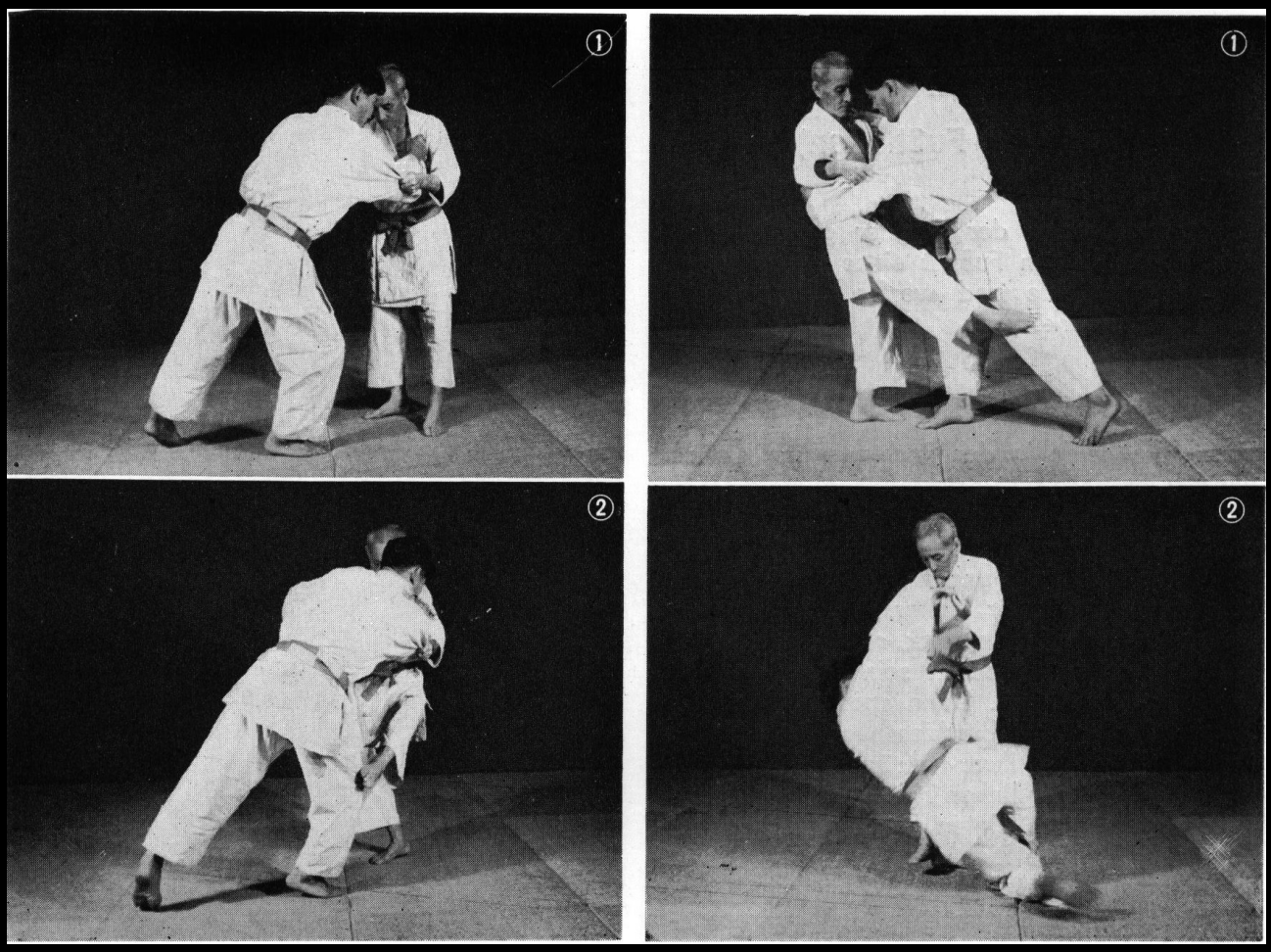
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5.Kyu Grad (gelber Gürtel)

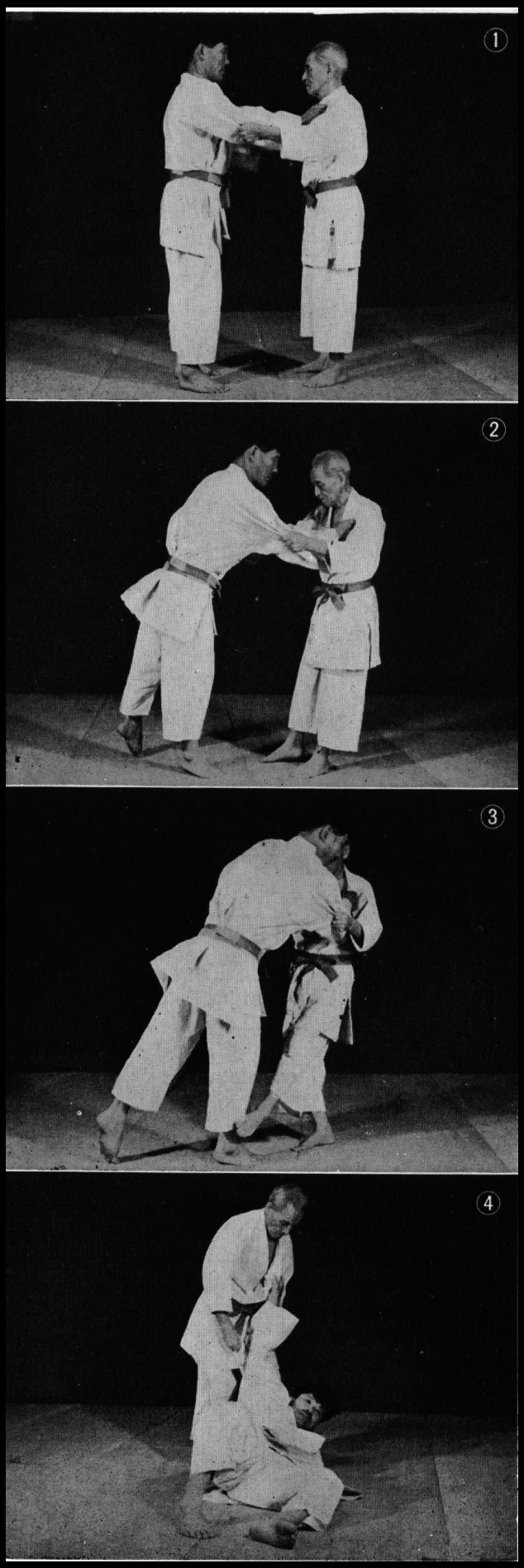
De ashi barai (Fußfegen)



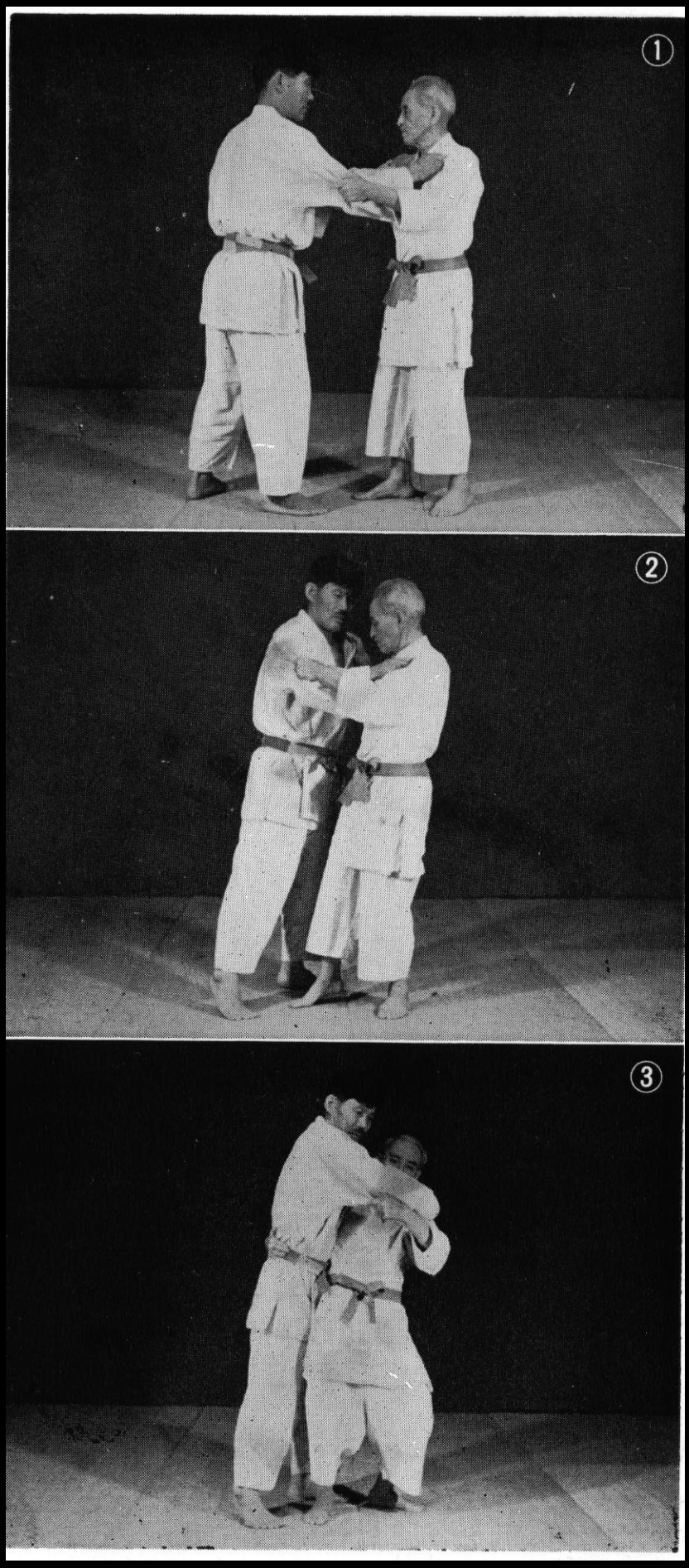
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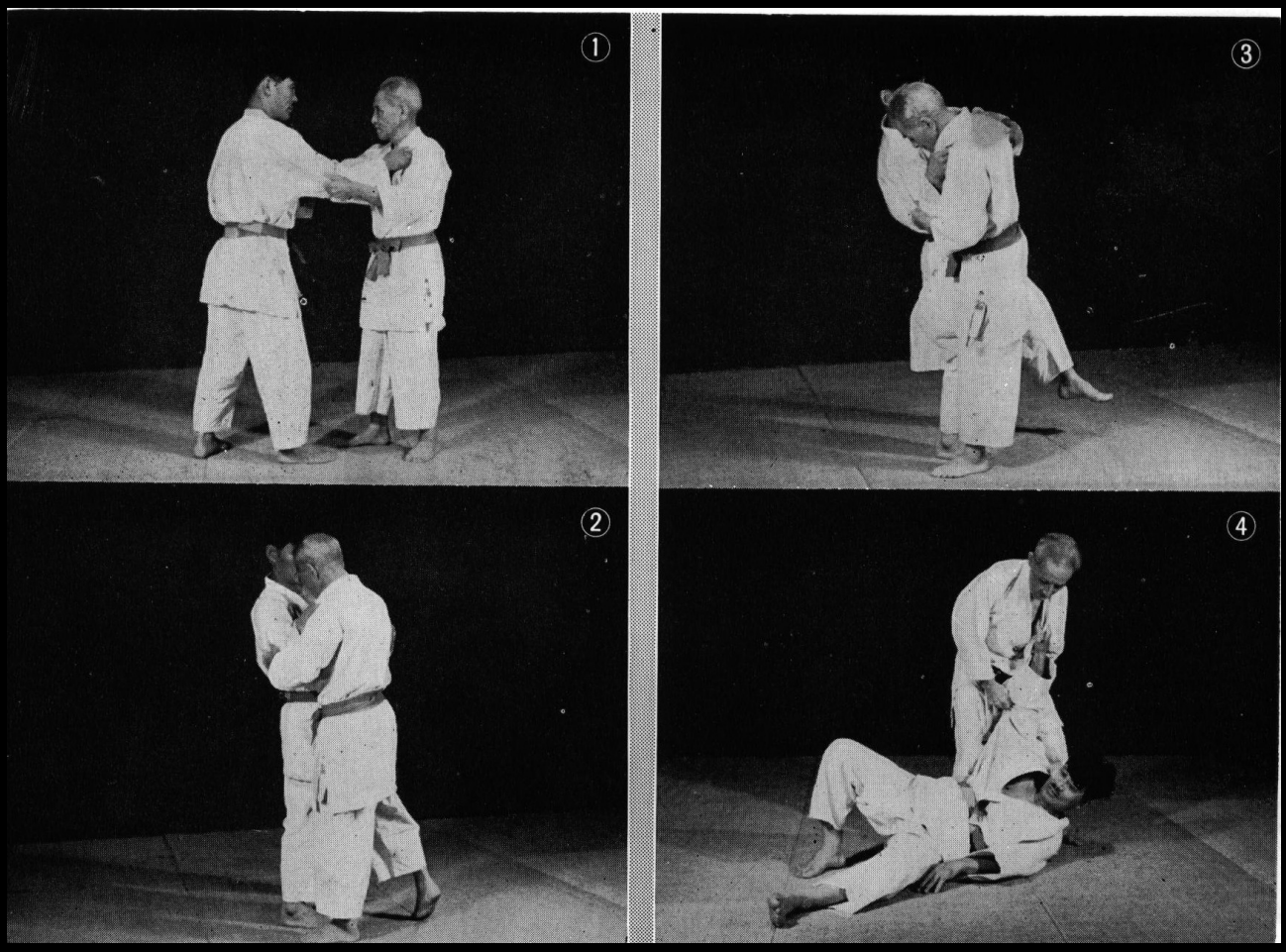
Sasae tsuri komi ahsi (Hebezug Fußhalten)



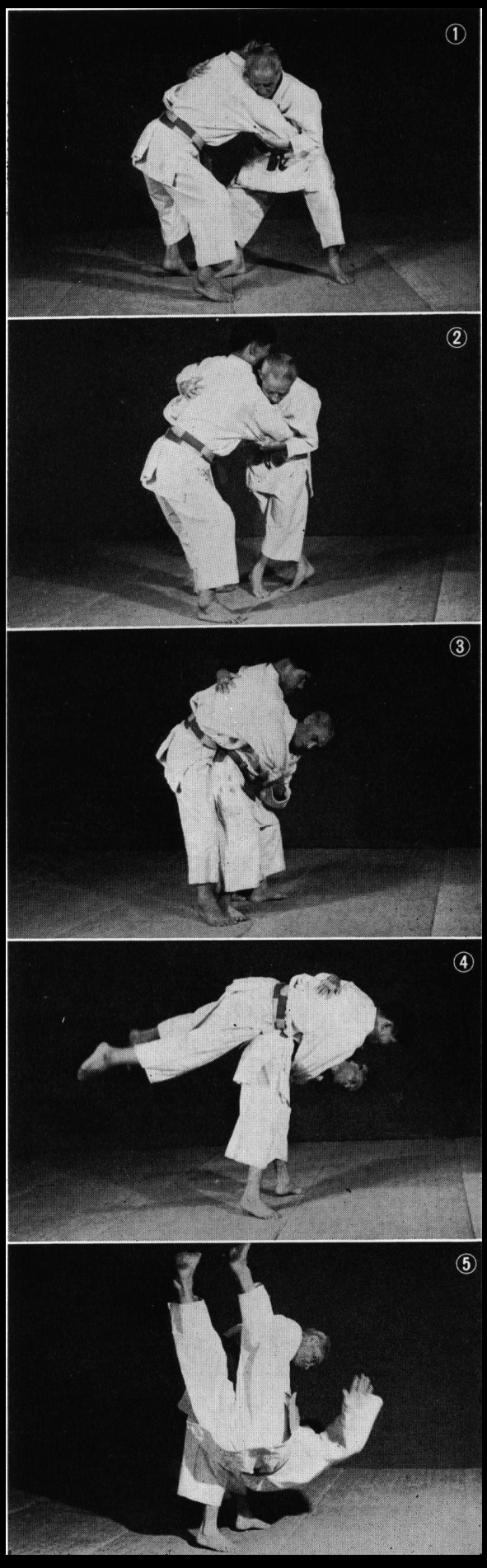
Uki goshi (Hüftschwung)



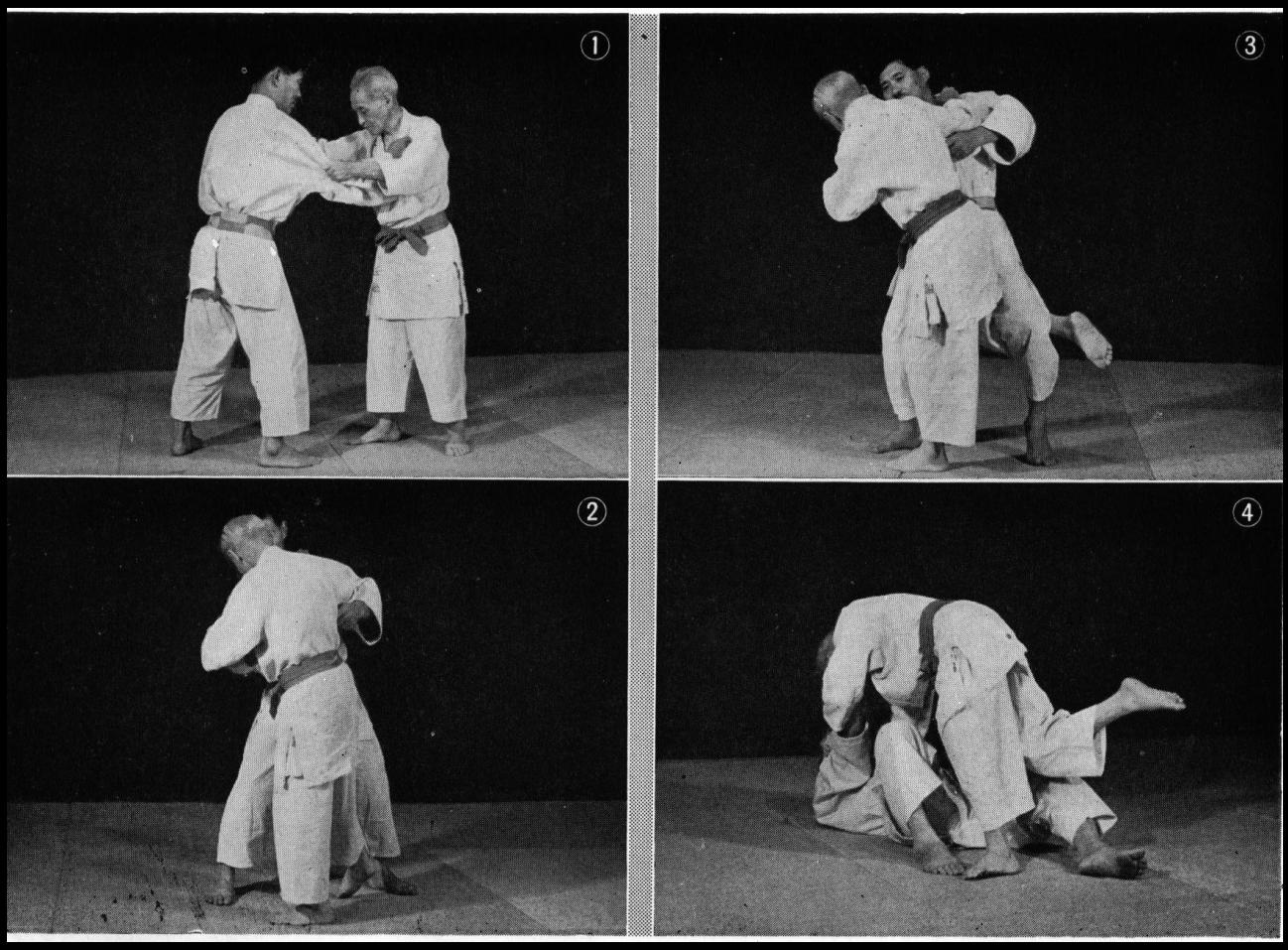
O soto gari (Große Außensichel)



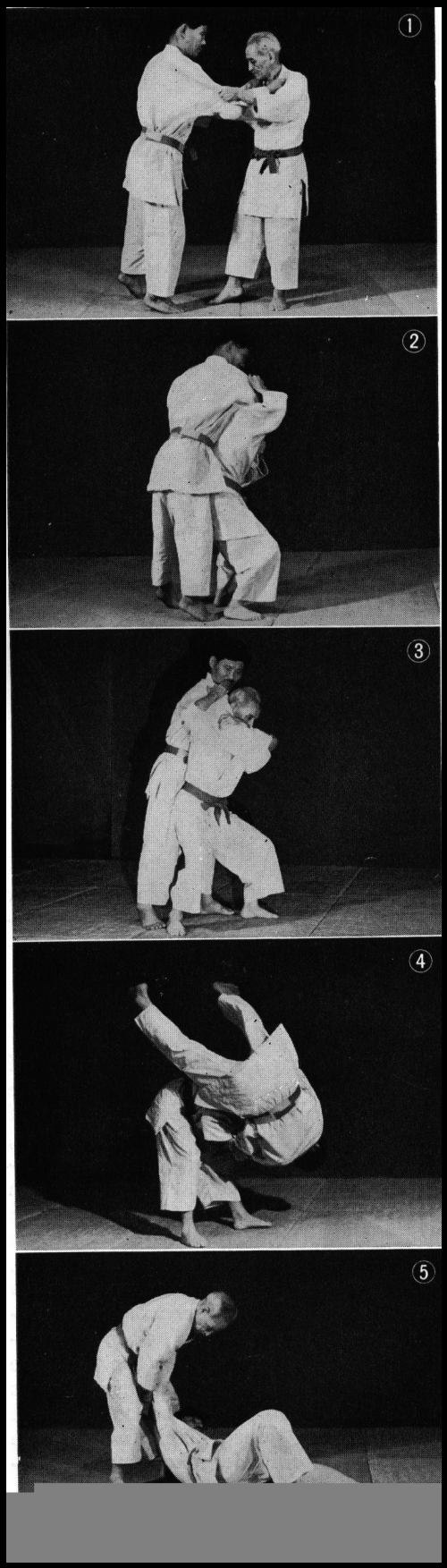
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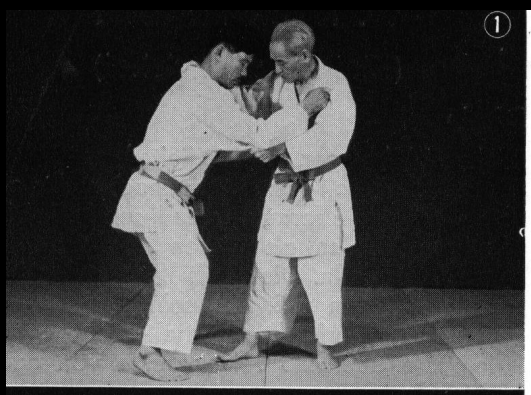
O uchi gari (Große Innensichel)

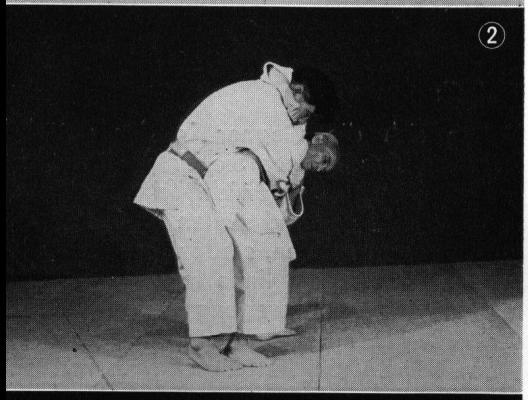


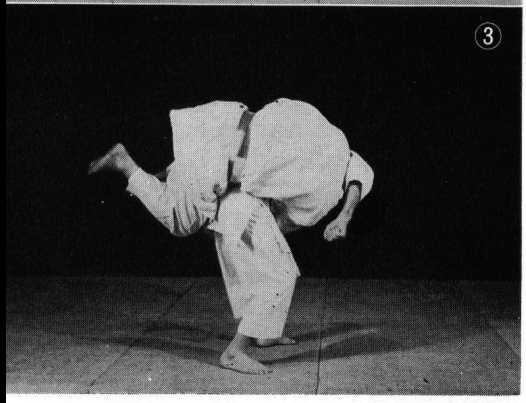
Seoi nage (Schulterwurf)

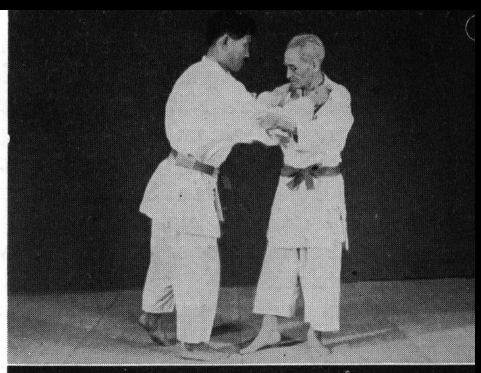


4.Kyu Grad (orange Gürtel)
Koshi Guruma (Hüftrad)



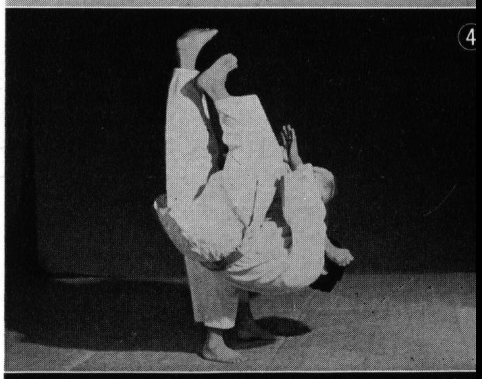


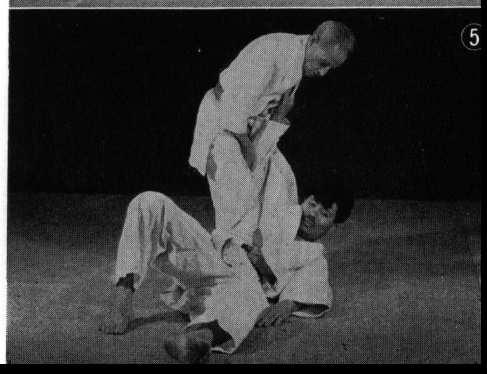




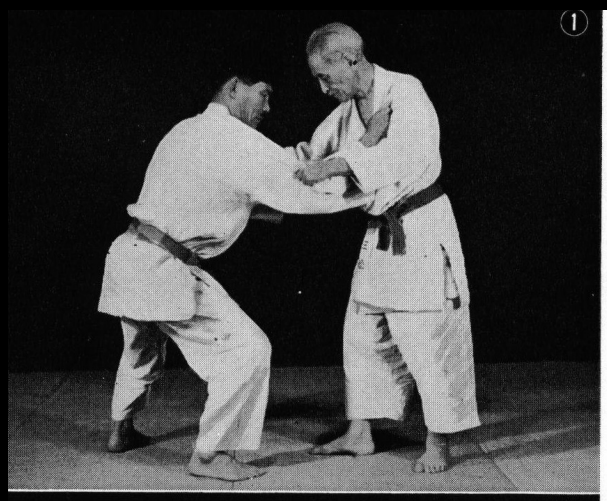


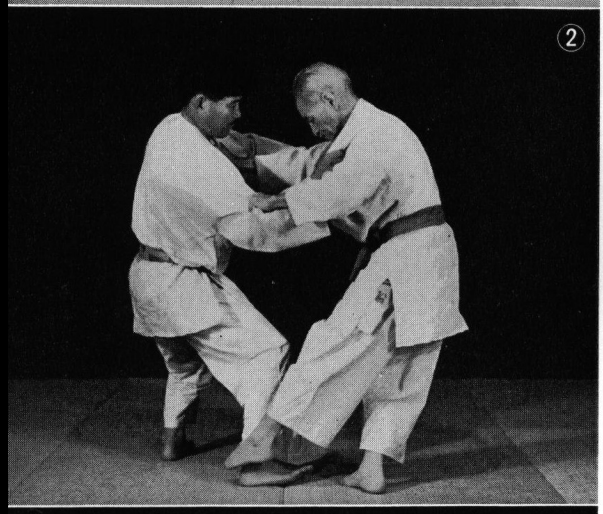


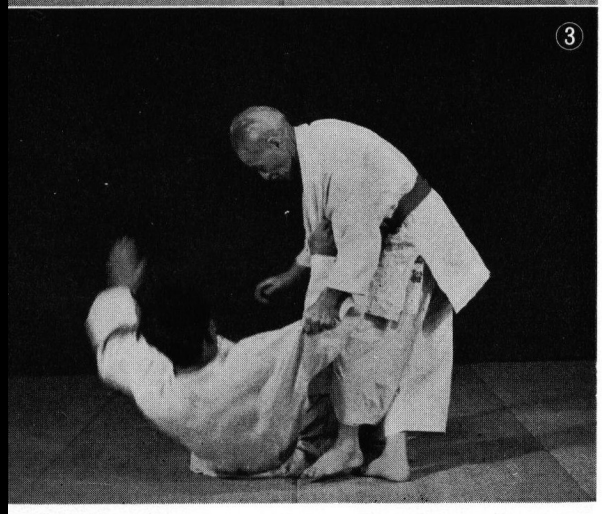


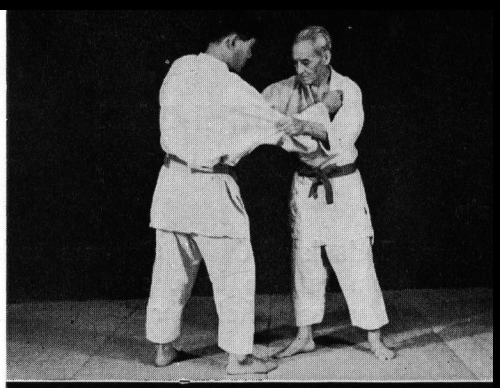


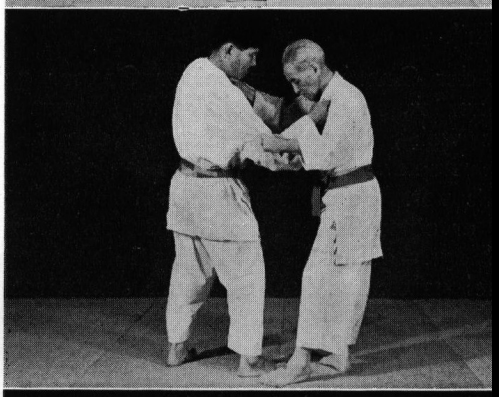
Ko soto gari (Kleine Außensichel)

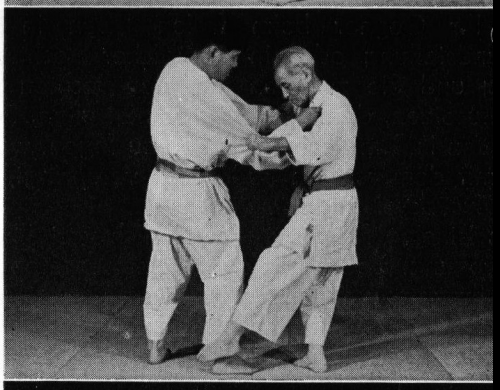


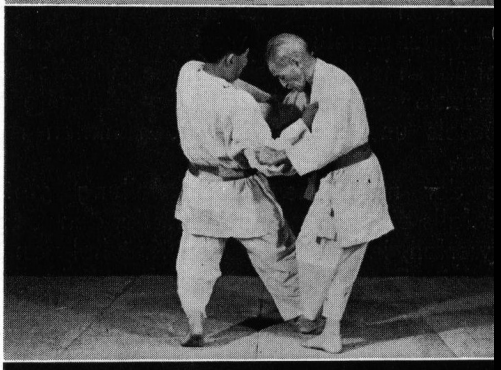


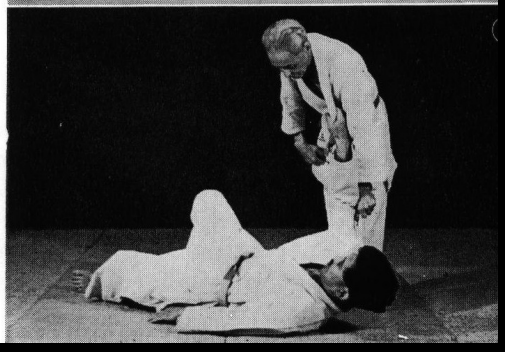




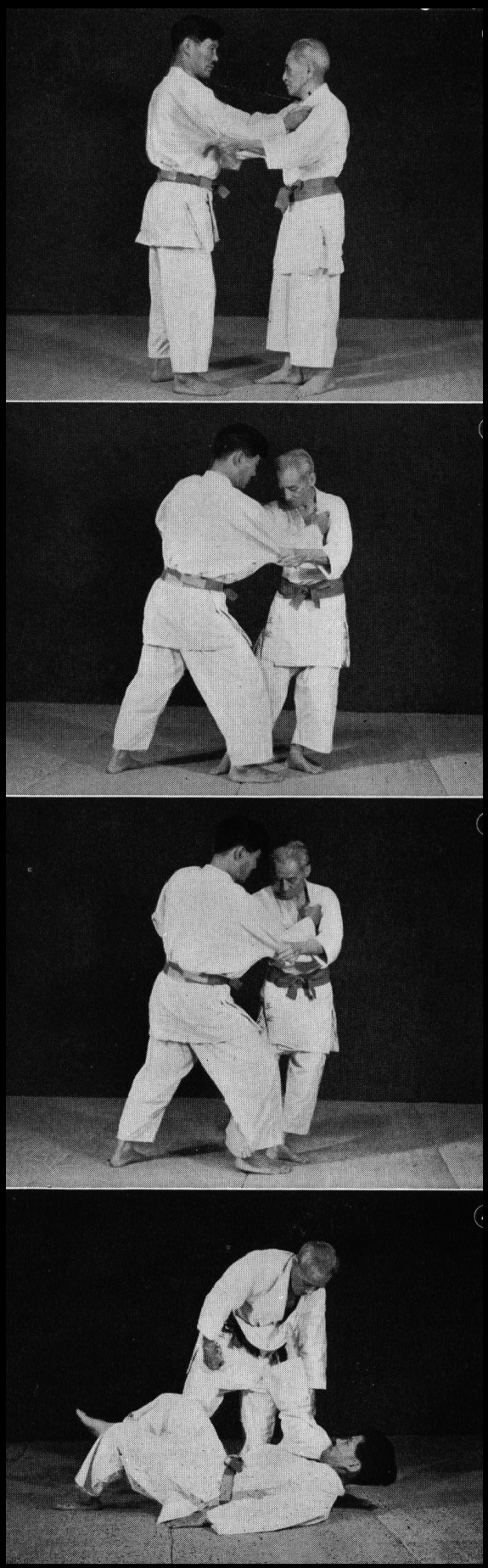




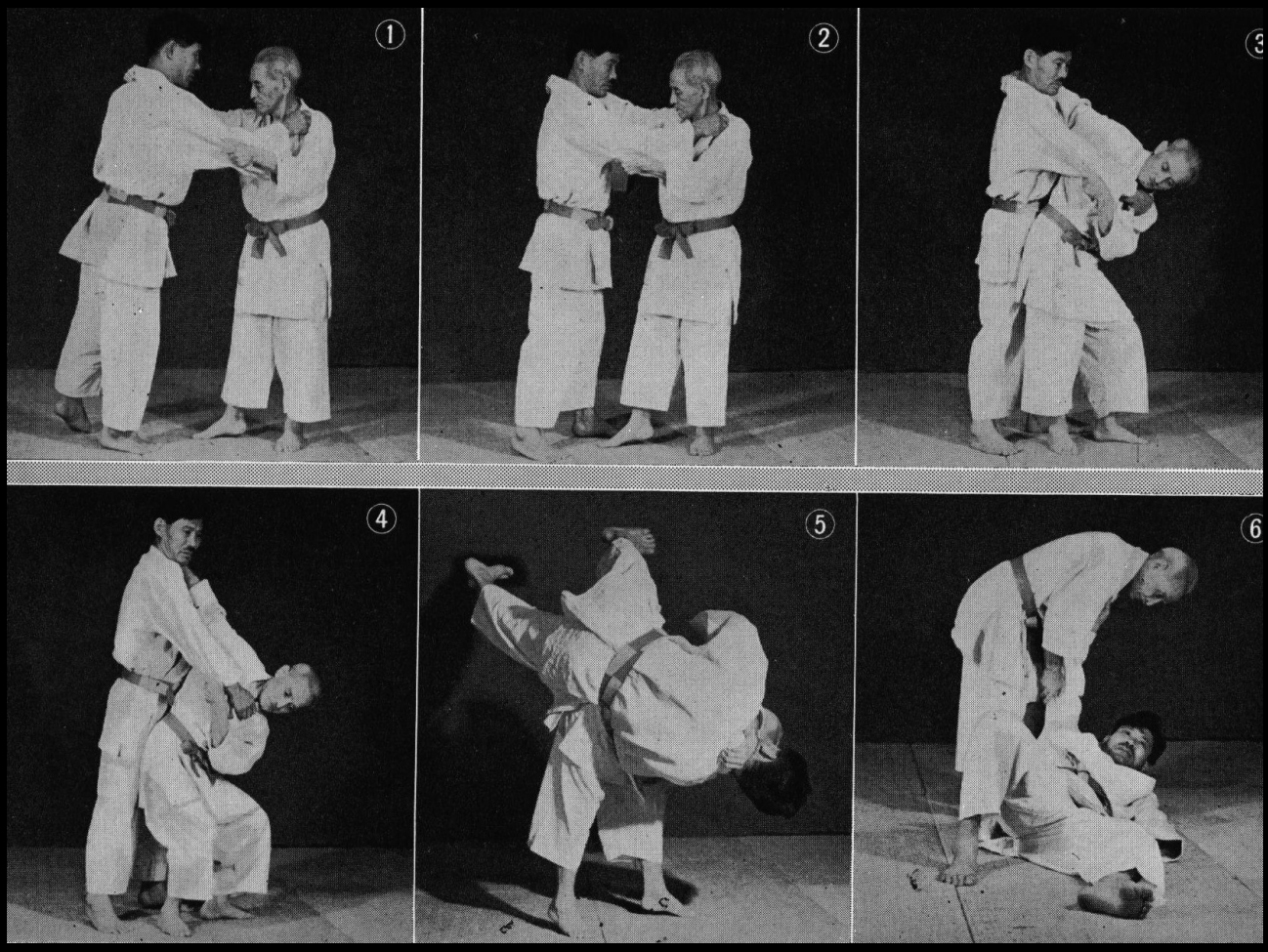




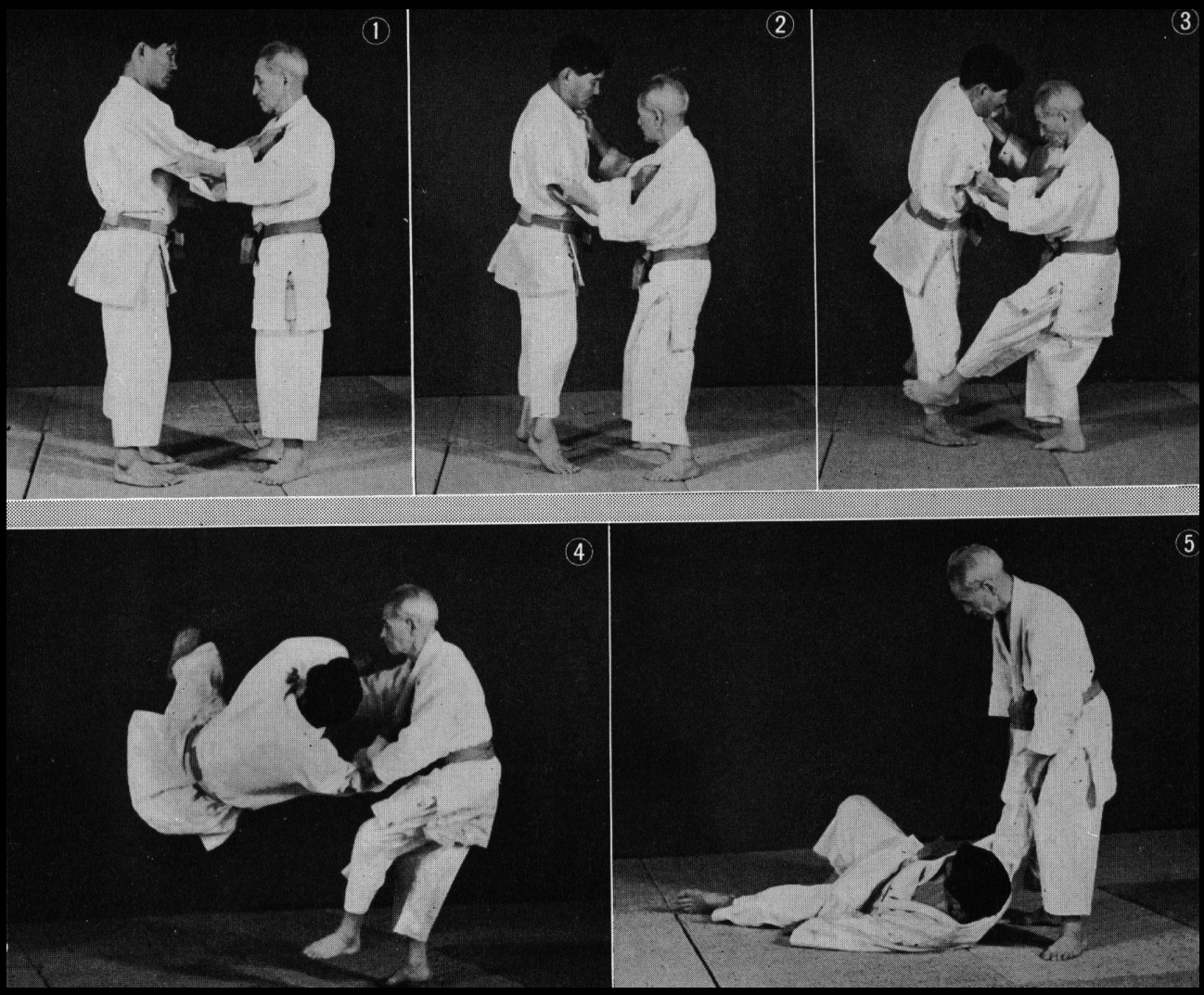
Ko uchi gari (Kleine Innensichel)



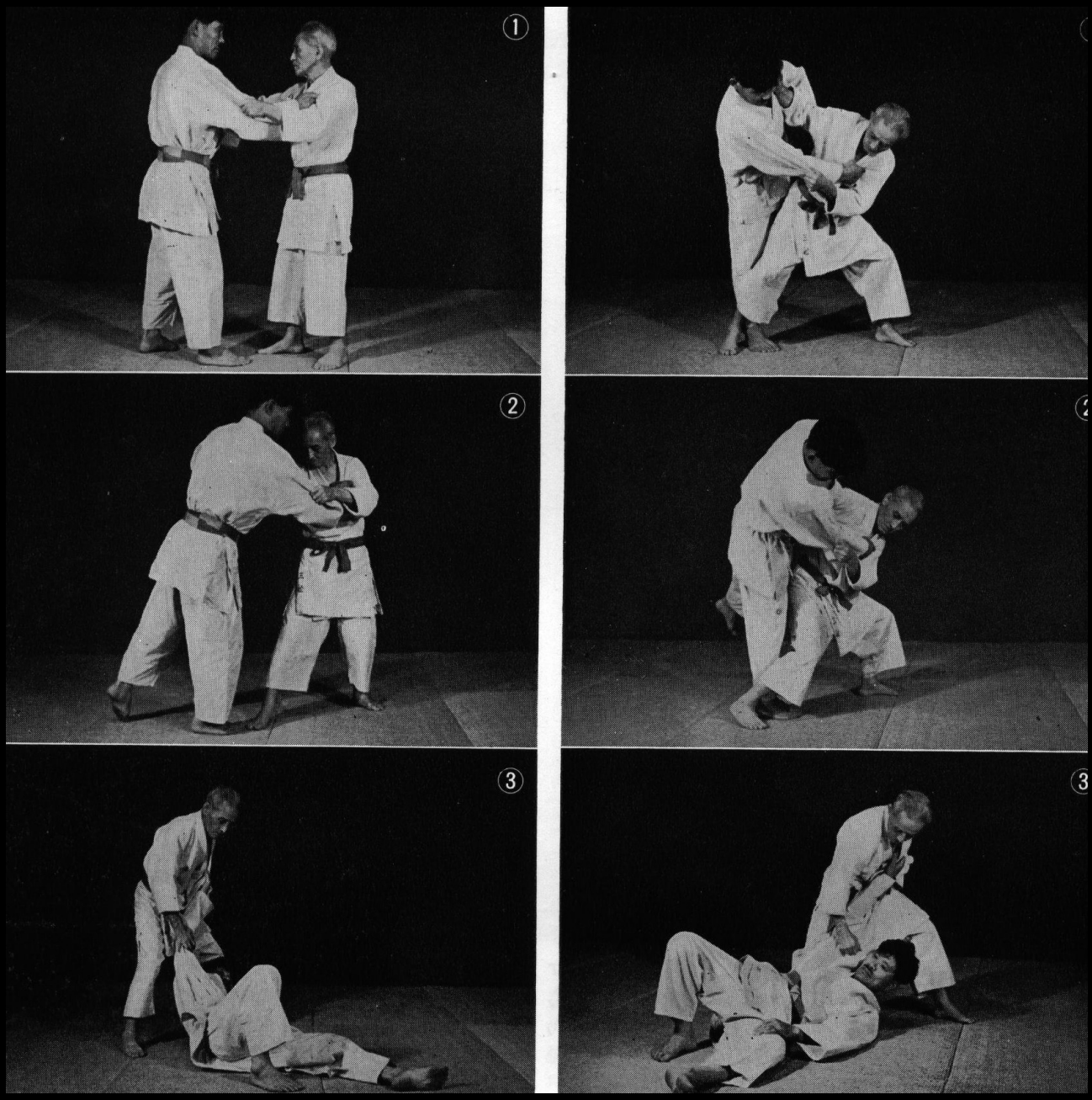
Tsuri komi goshi (Hebehüftwurf)



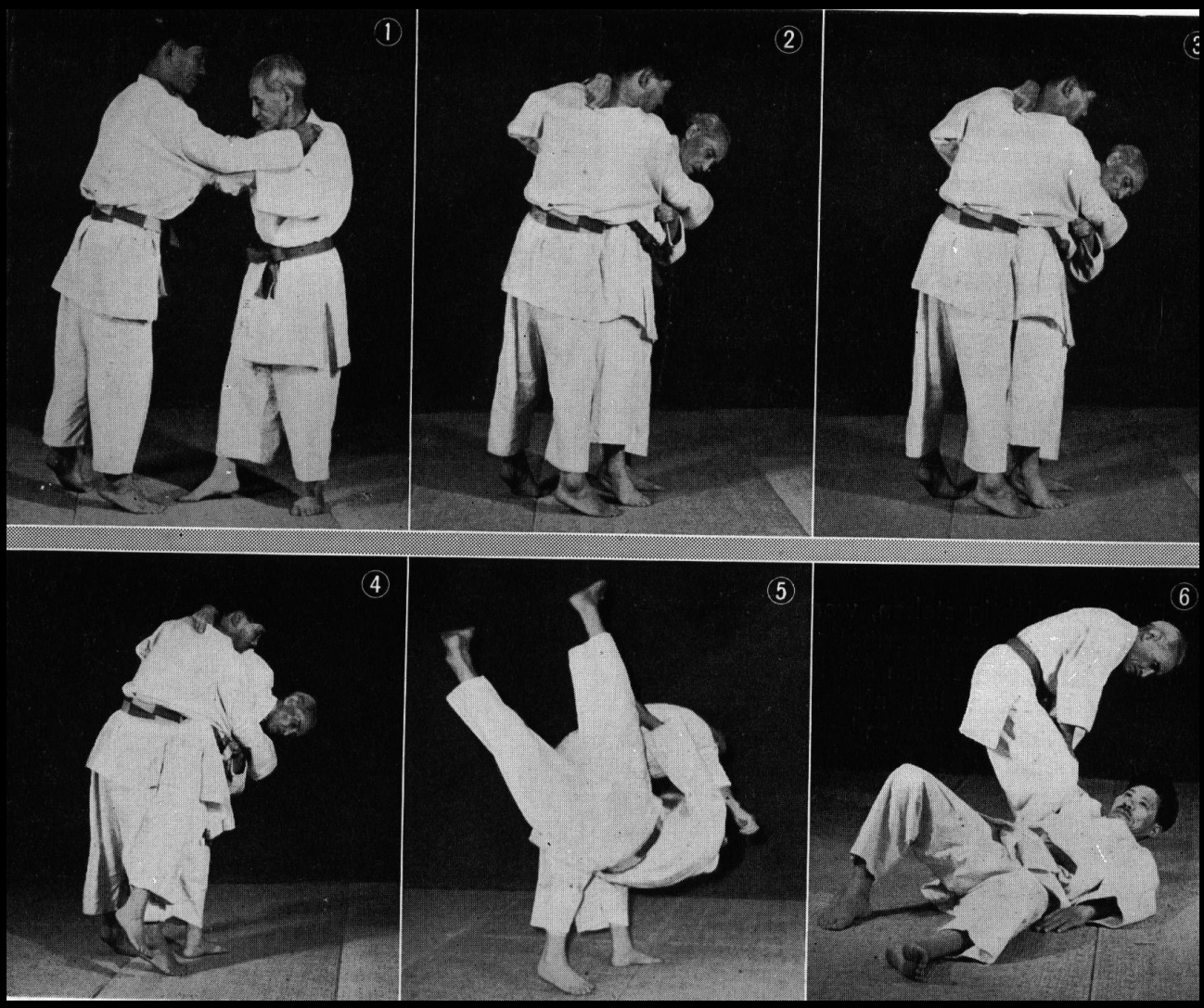
Okuri ashi barai (Fußnachfegen)



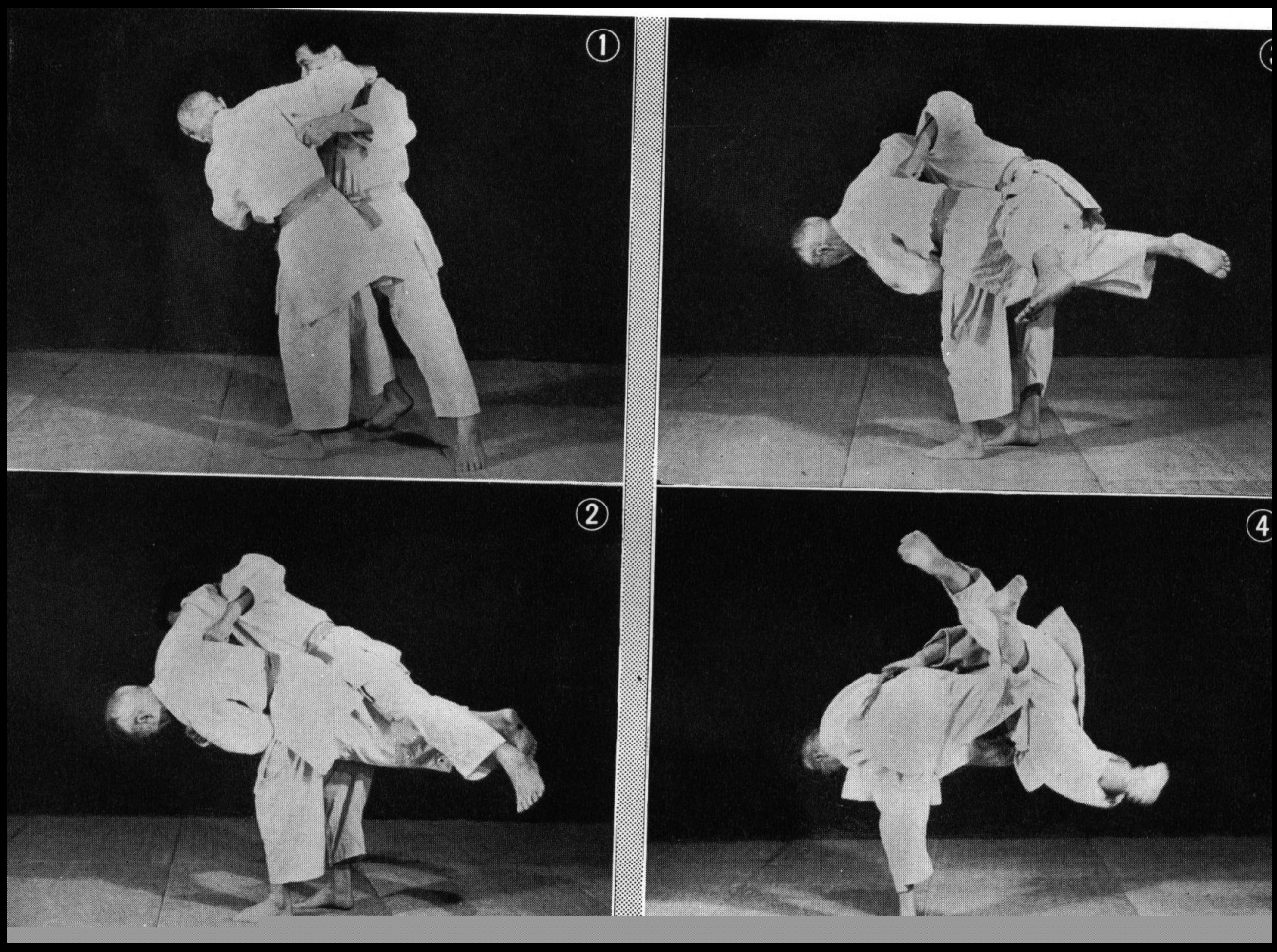
Tai otoshi (Körperwurf)



Harai goshi (Hüftfegen)

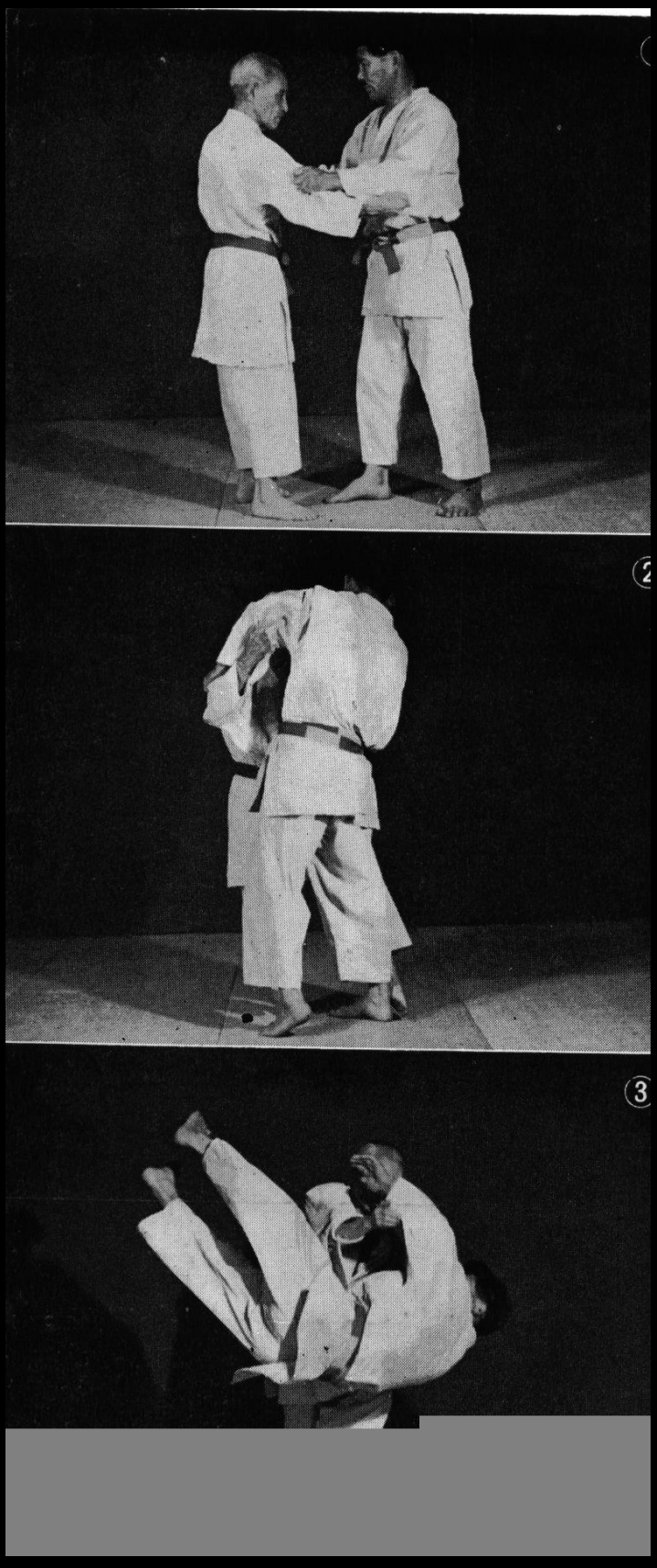


Uchi Mata (Innerer Schenkelwurf)

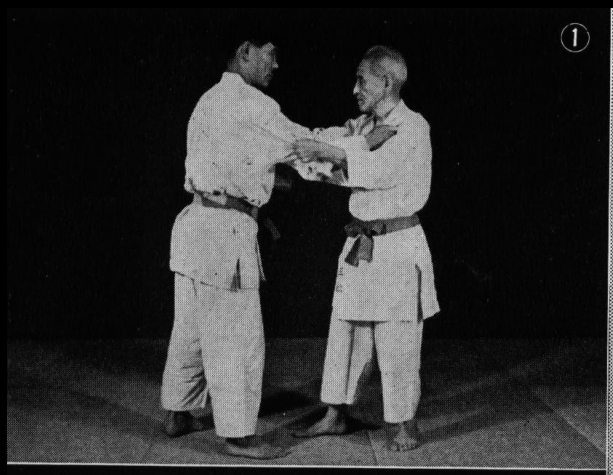


3.Kyu Grad (grüner Gürtel)

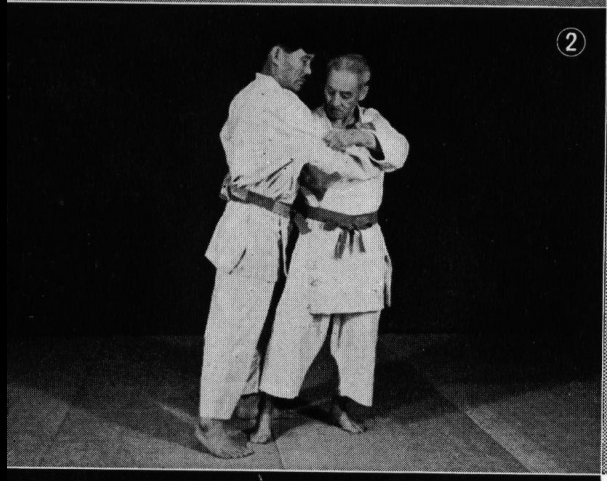
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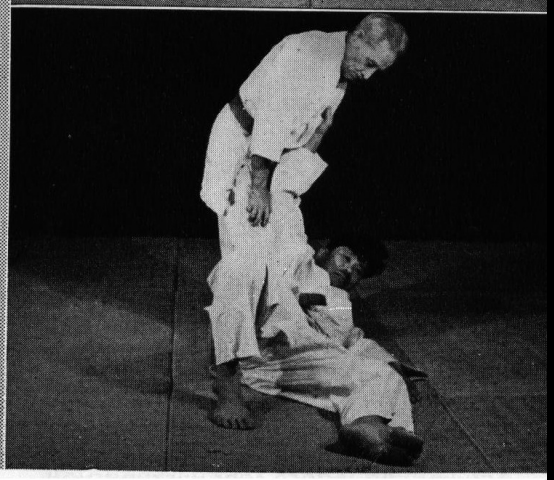


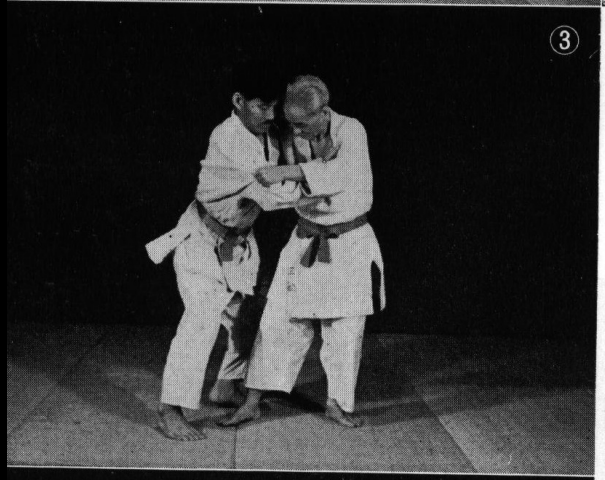
Tsuri Goshi (Hüftzug)





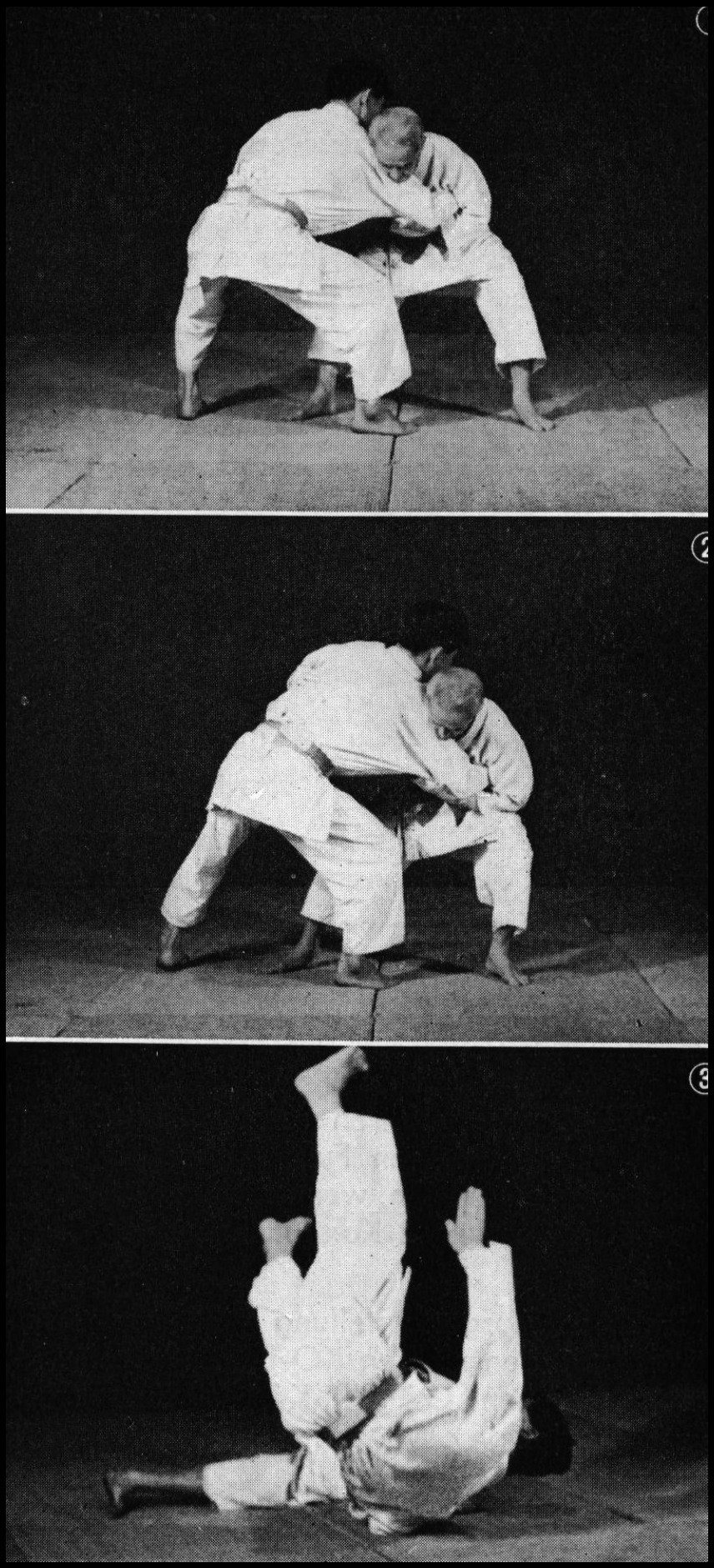




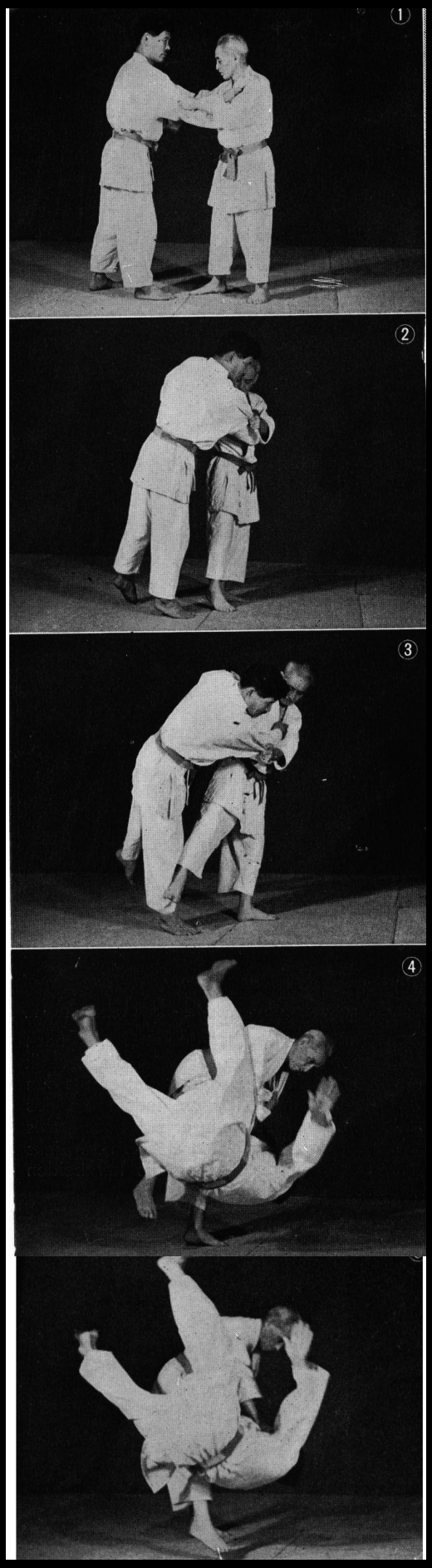




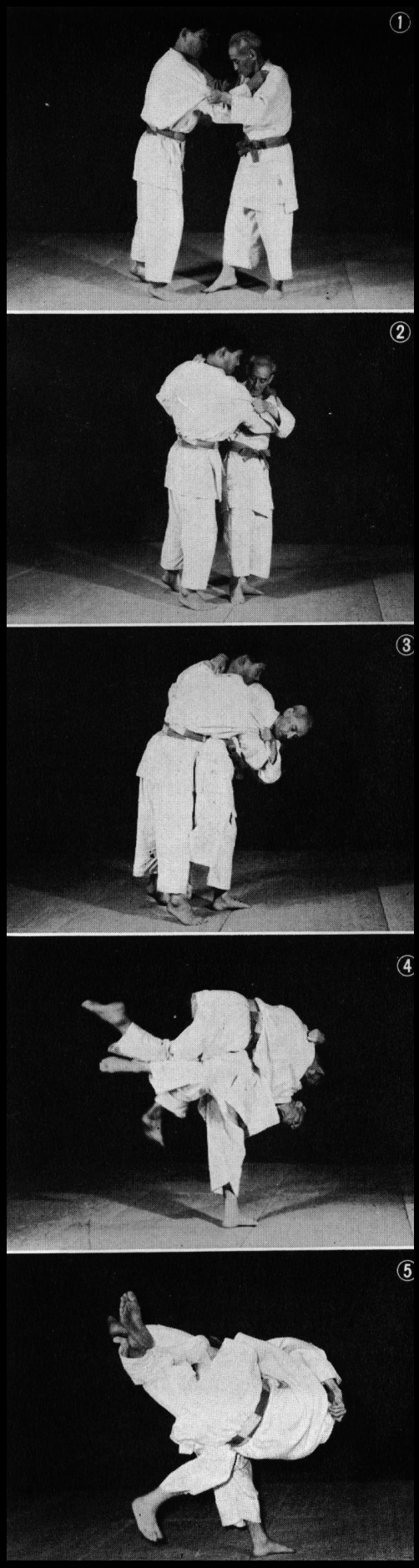
Yoko otoshi (Seitfallzug)



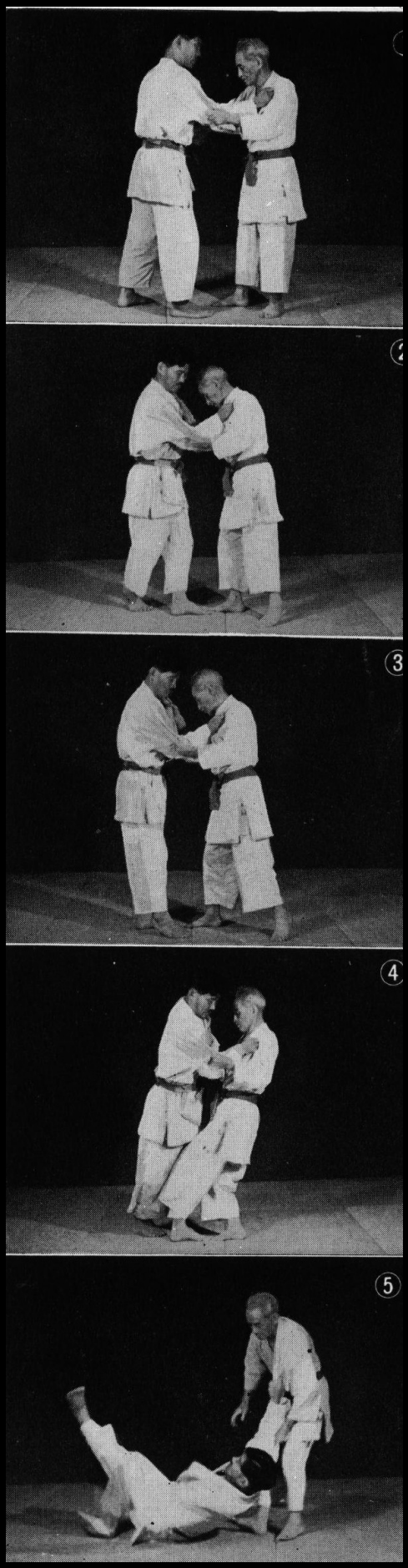
Ashi guruma (Beinrad)



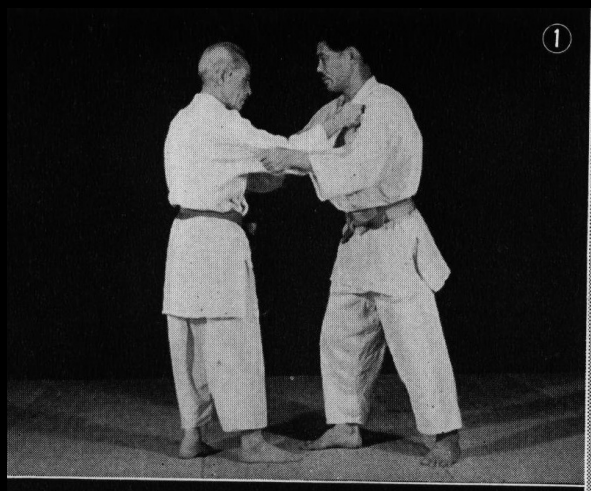
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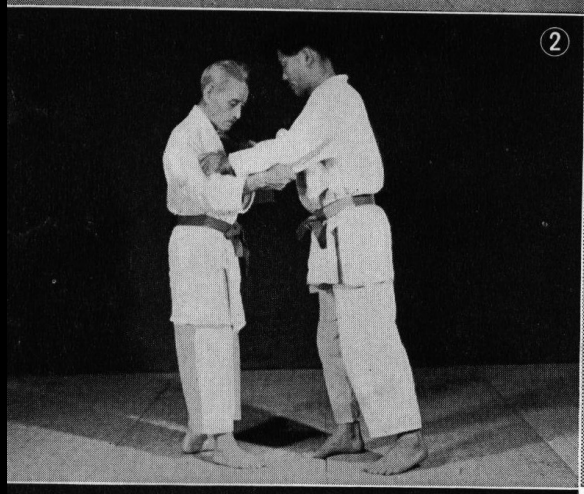


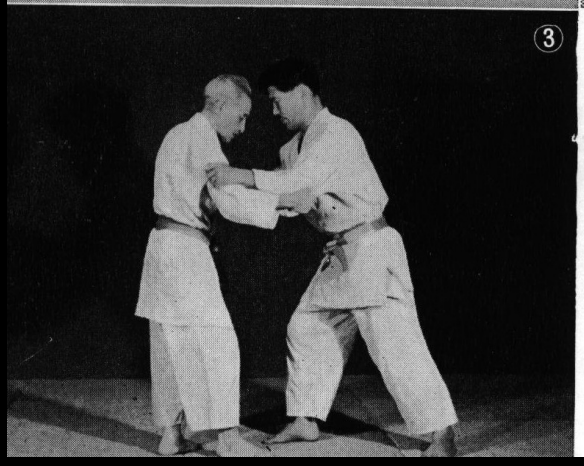
Harai tsurikomi ashi (Hebezug Fußfegen)

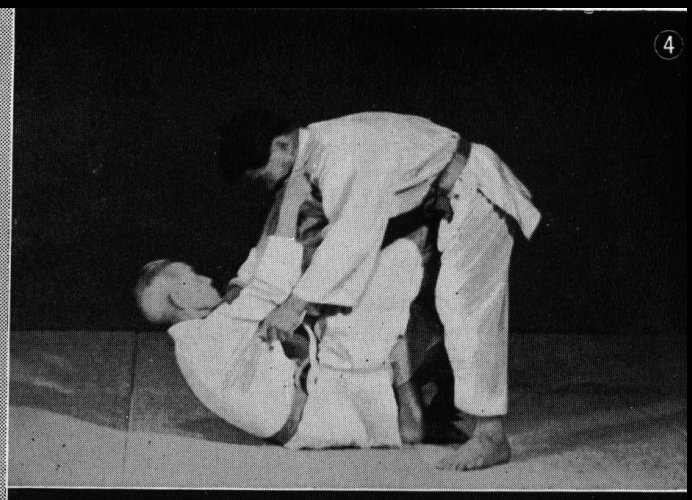


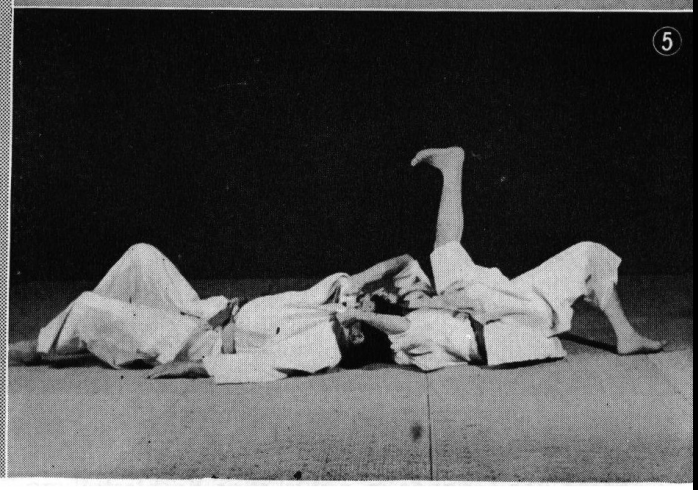
Tomoe nage (Kopfwurf)





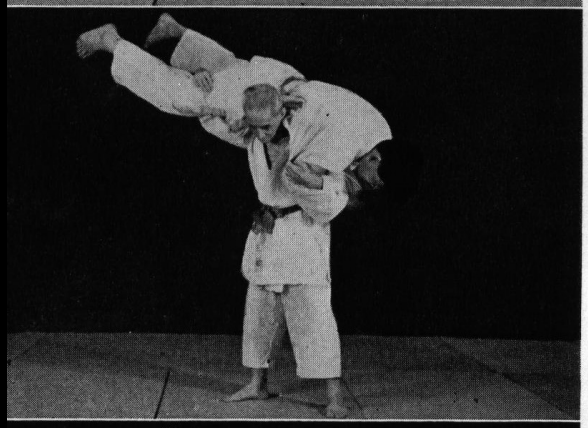




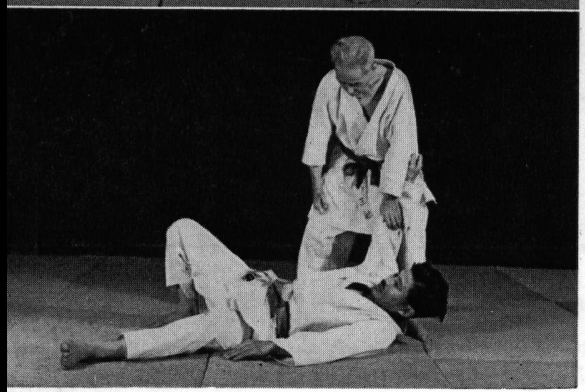


Kata guruma (Schulterrad)

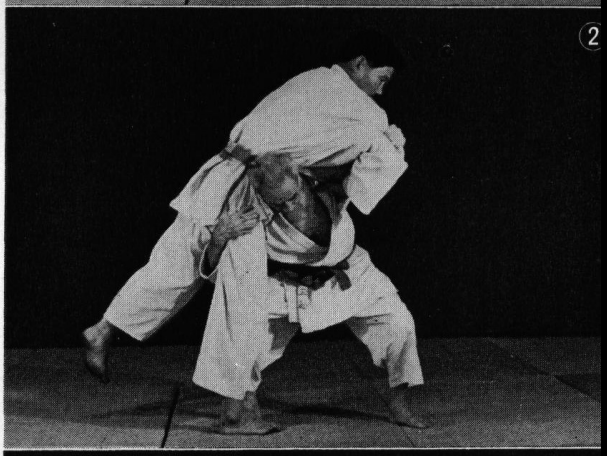


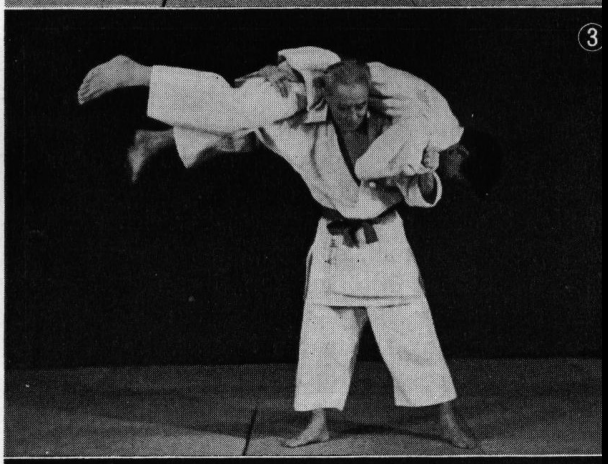


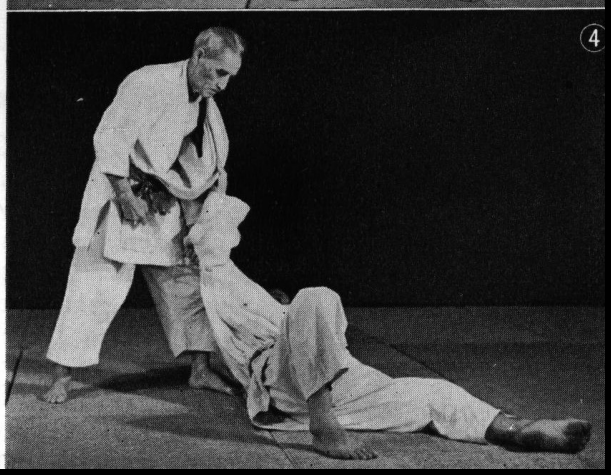




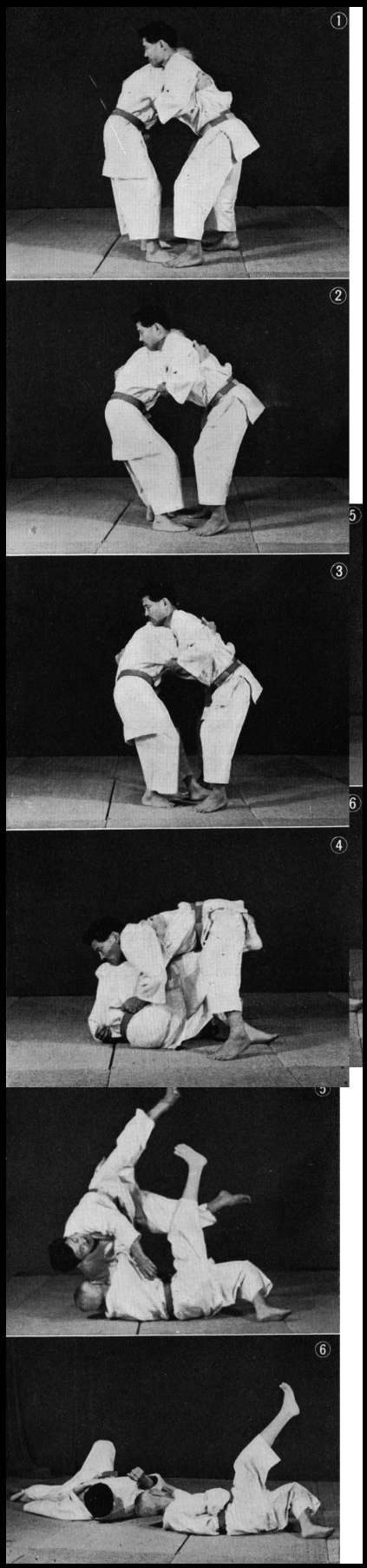




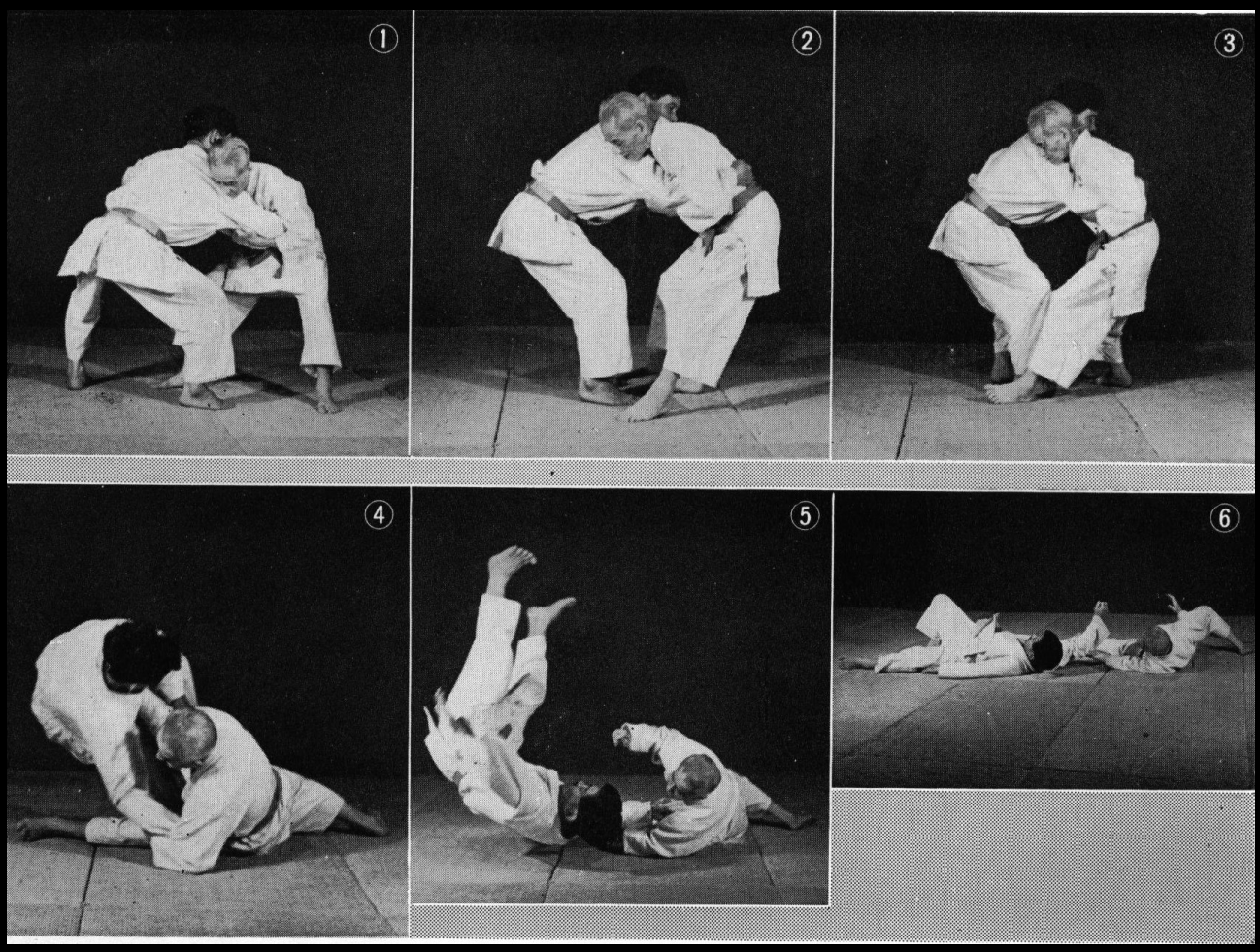




2.Kyu Grad (blauer Gürtel)
Sumi gaeshi (Eckenwurf)



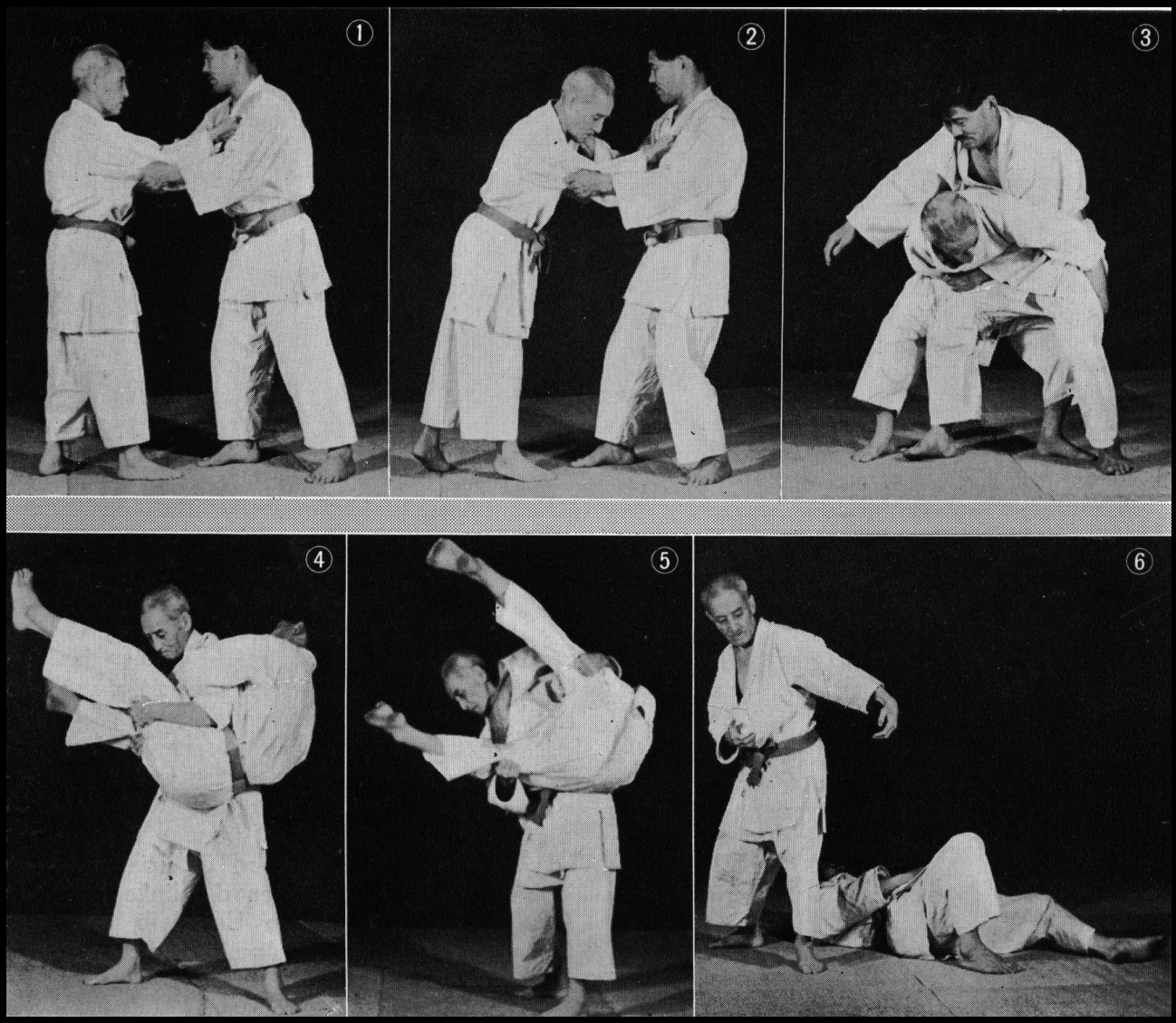
Tani otoshi (Talfallzug)



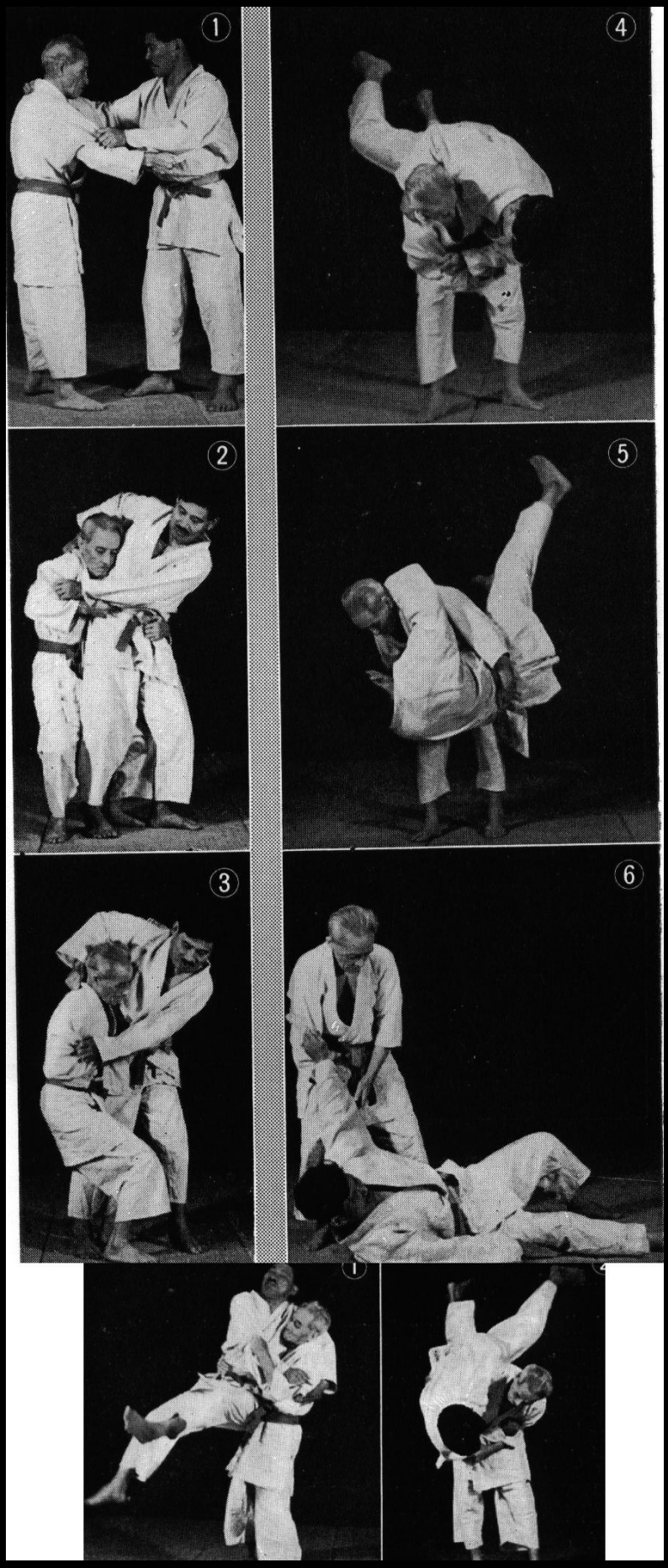
Hane maki komi (Springdrehwurf)



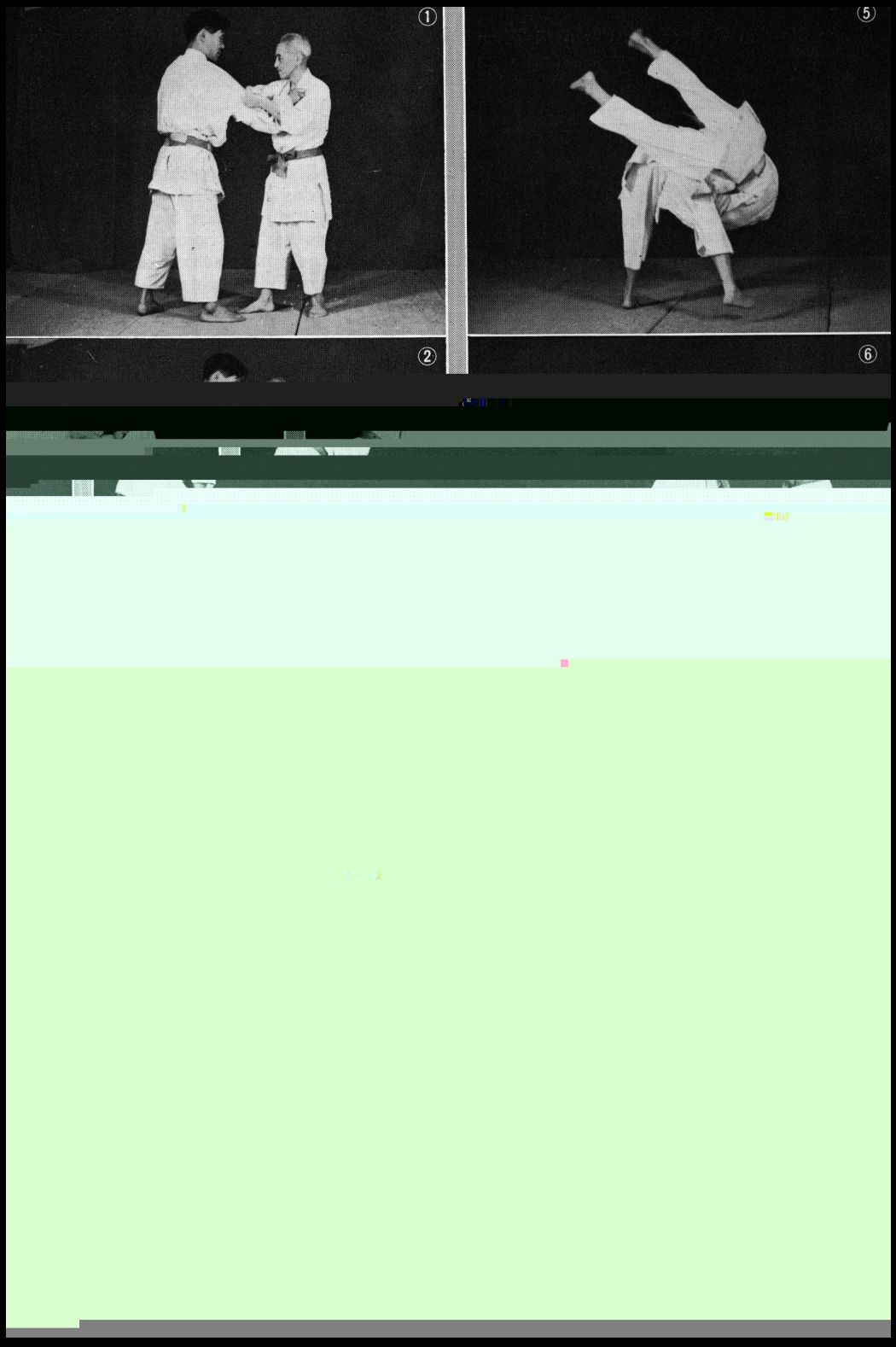
Sukui nage (Schaufelwurf)



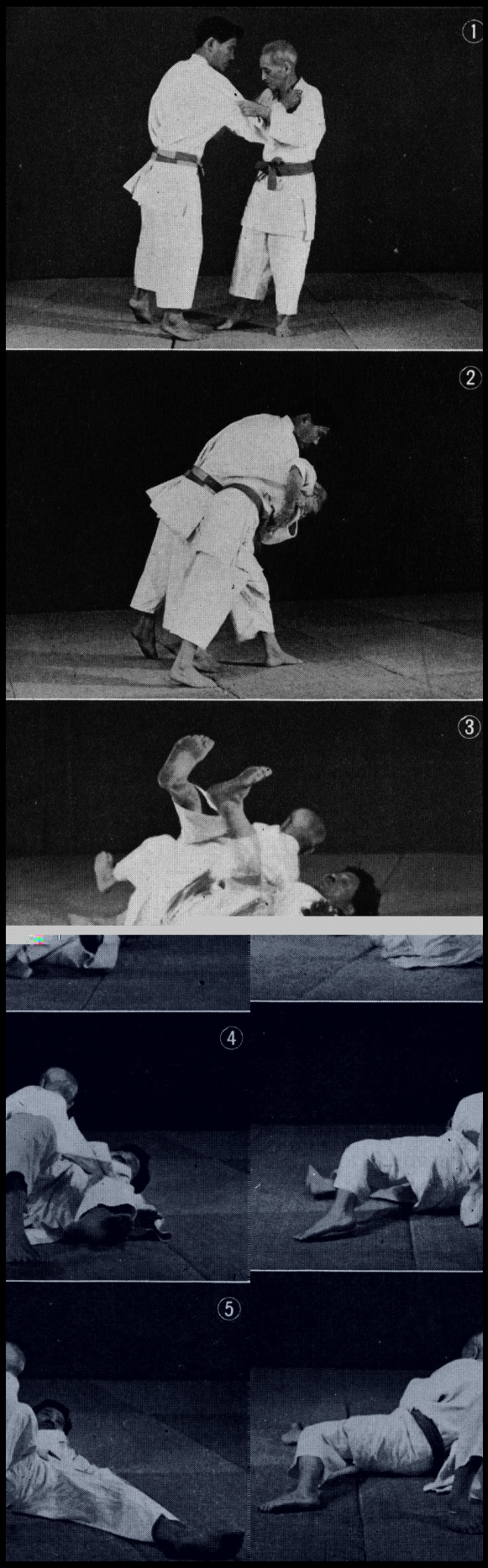
Utsuri goshi (Wechselhüftwurf)



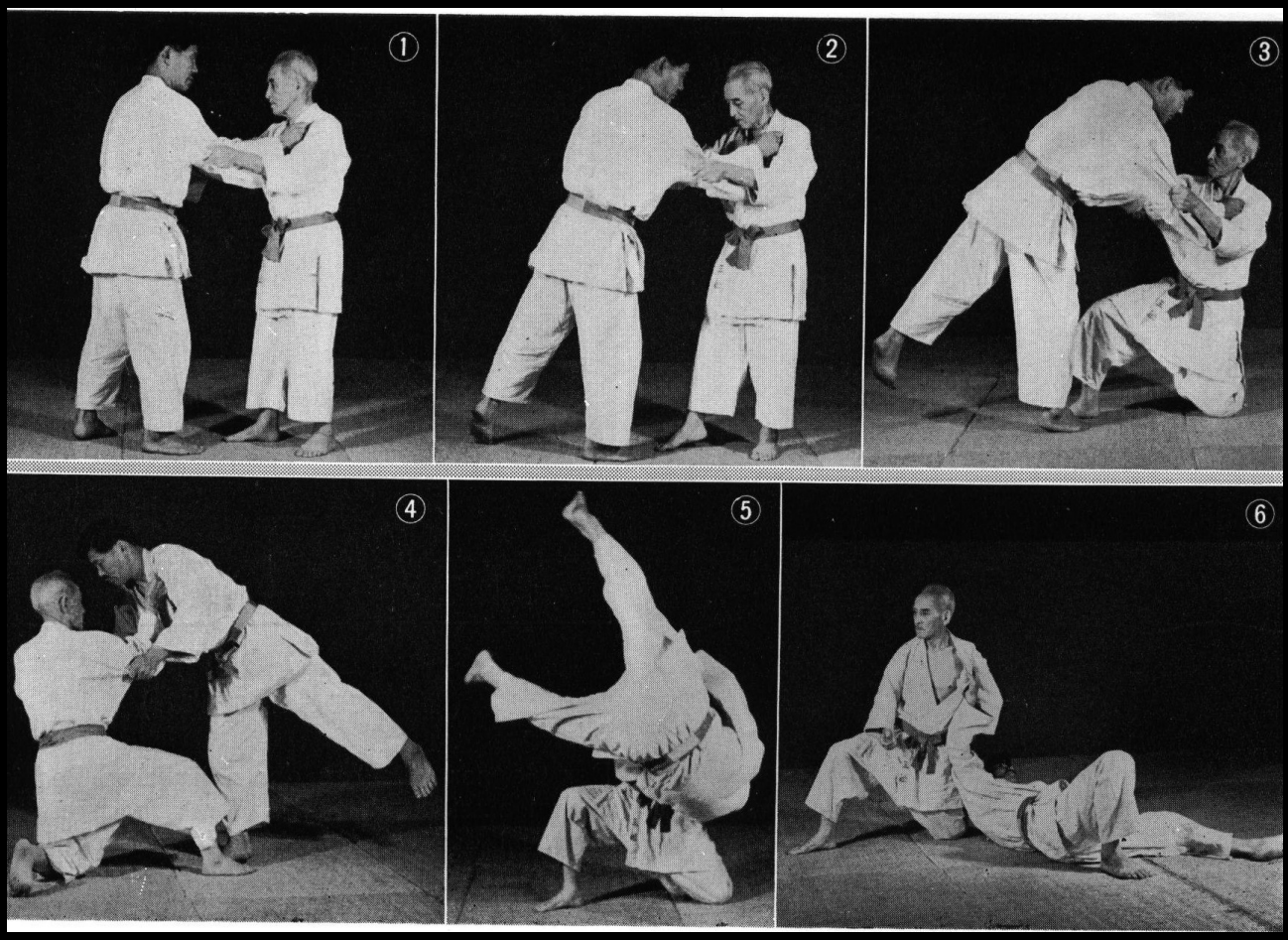
O guruma (Großes Rad)



Soto maki komi (Außendrehwurf)

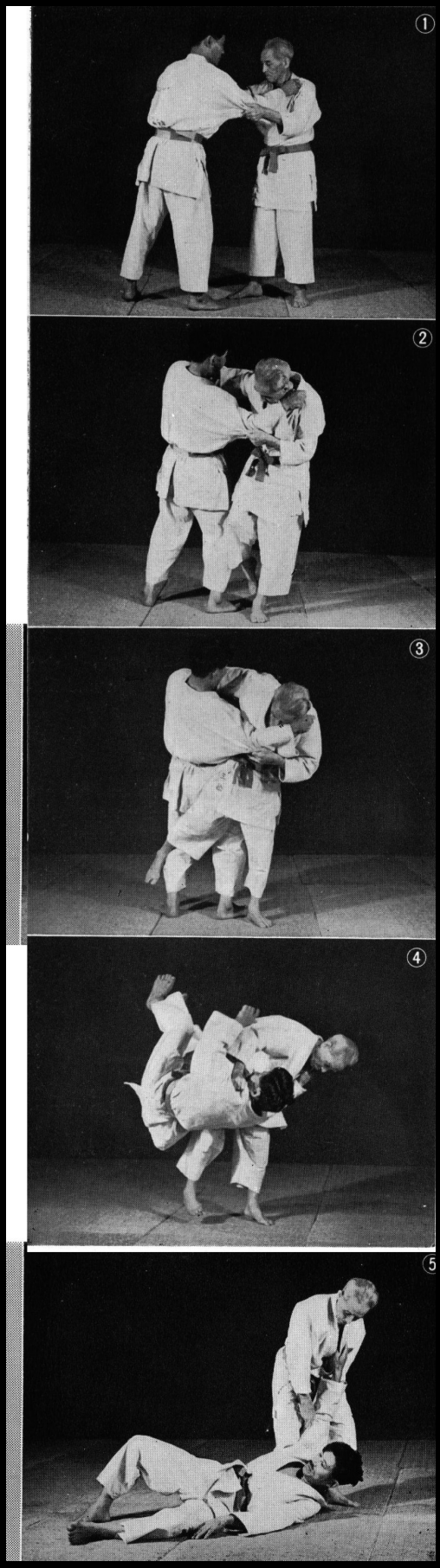


Uki otoshi (Schwebehandzug)



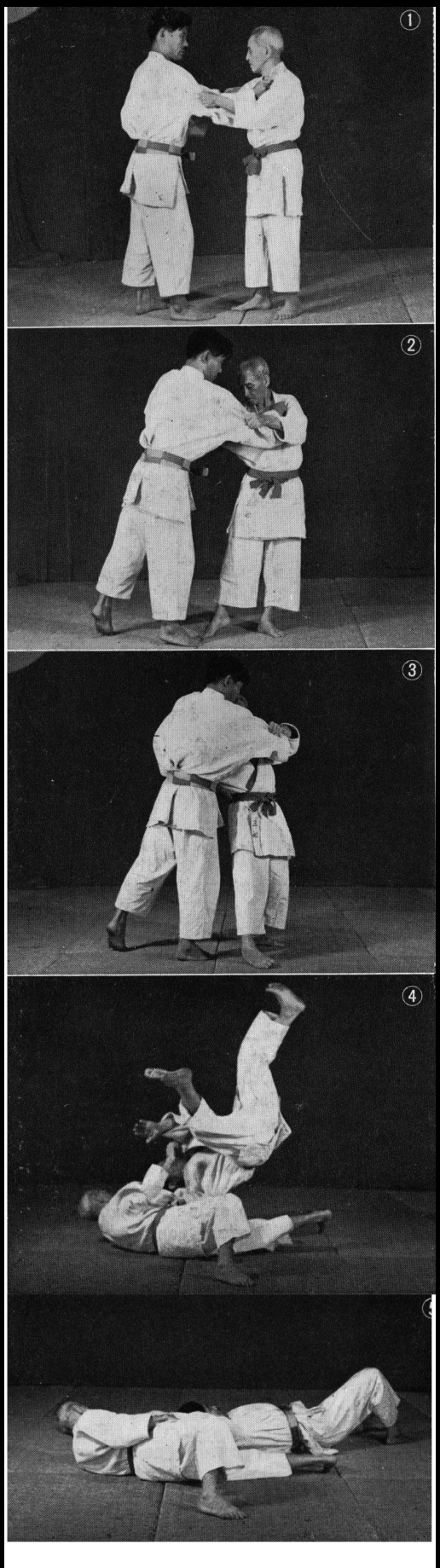
1.Kyu Grad (brauner Gürtel)

O soto guruma (Großes Außenrad)

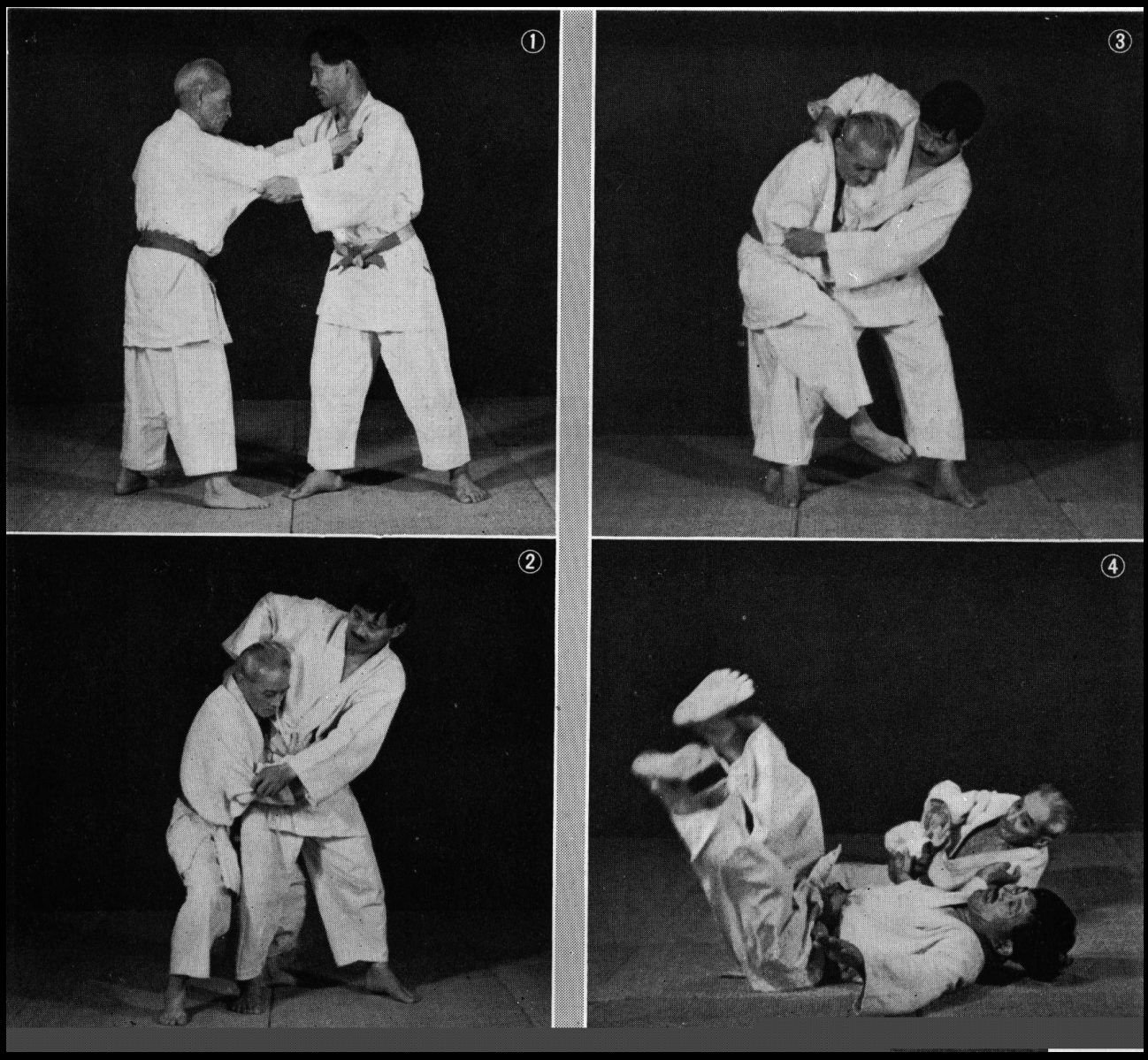


Uki waza (Rückfallzug)

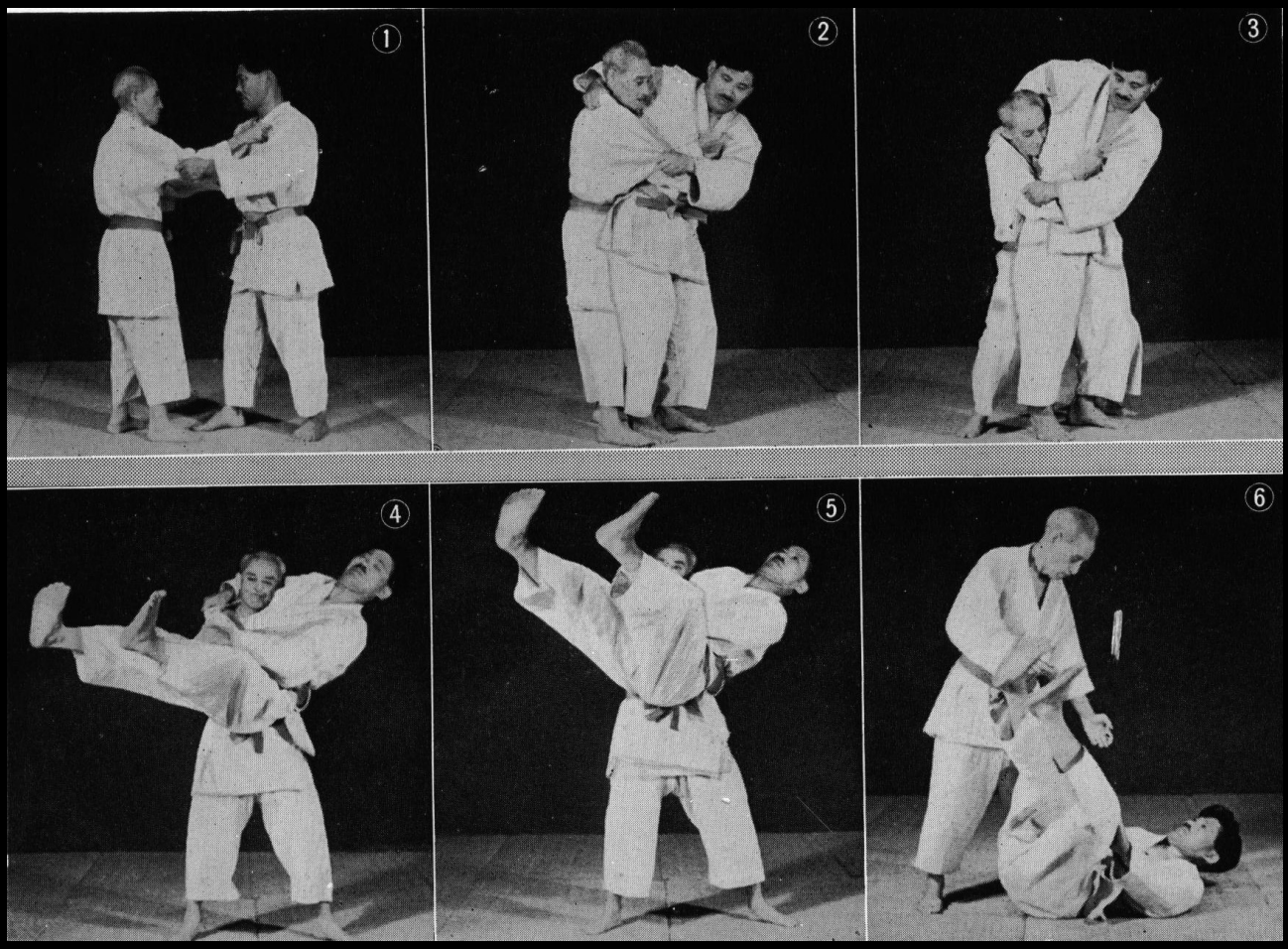
Yoko wakare (Seitenriß)



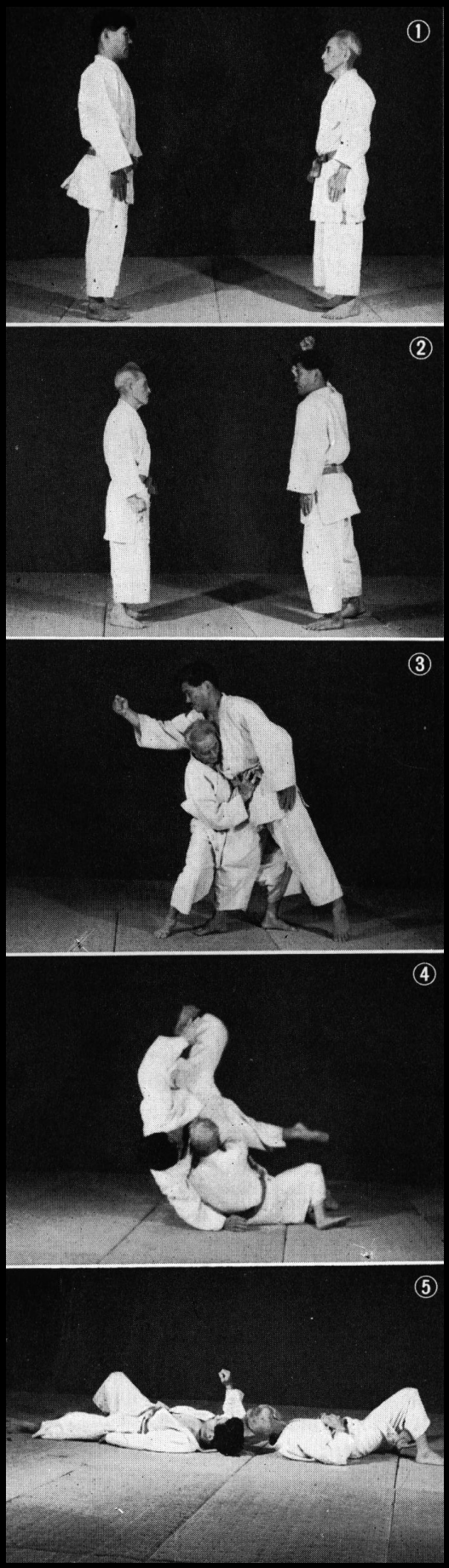
Yoko guruma (Seitenrad)



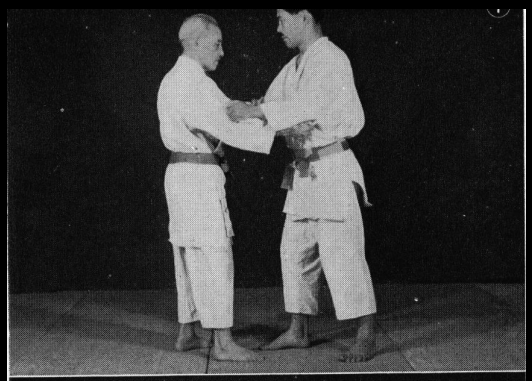
Ushiro goshi (Hüftgegenwurf)

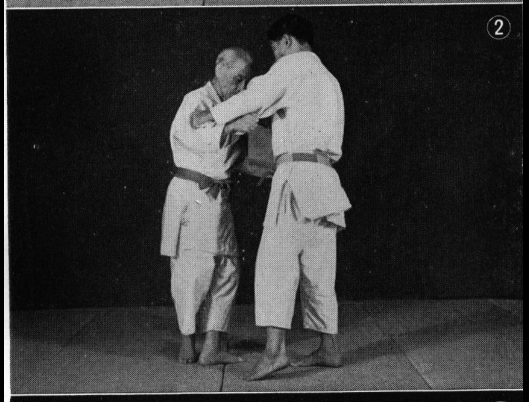


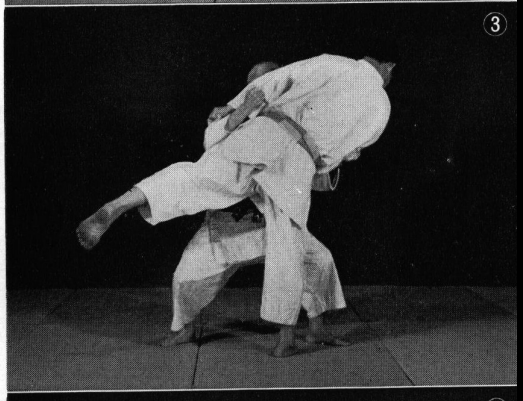
Ura nage (Rückwurf)



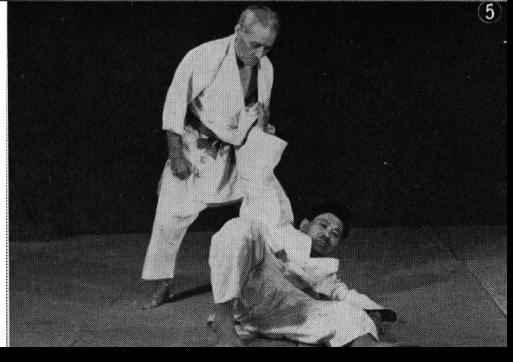
Sumi otoshi (Eckenkippe)











Yoko gake (Seitfußzug)

